TERMS OF REFERENCE FOR UNDERTAKING

CONSULTANCY TO DEVELOP AND UPDATE CONTEXTUALIZED LIFE SKILLS-BASED EDUCATION (LSBE/SRHR) MATERIALS CONSIDERING LEARNINGS FROM THE SMK PROJECT

Purpose of the Consultancy

- Review and revise the existing Life Skills-Based Education (LSBE) and Information, Education, and Communication (IEC) materials developed under the Sihaat Mand Khandaan (SMK) project to ensure contextual relevance for Gilgit-Baltistan, Chitral (GBC), and Sindh.

- Contextualize LSBE content to reflect regional cultural, linguistic, and social realities while maintaining gender sensitivity and inclusiveness.

- Improve the quality and accessibility of LSBE and IEC materials to strengthen adolescents' understanding of sexual and reproductive health and rights (SRHR), gender equality, and essential life skills.

About the Organization

The Aga Khan Rural Support Programme (AKRSP) is a private, non-profit company established by the Aga Khan Foundation (AKF) in 1982 to improve the quality of life of the people of Gilgit-Baltistan and Chitral (GBC) and currently also working in Sindh. AKRSP works in partnership with government departments, elected bodies, development agencies, and private institutions to promote equitable and sustainable rural development.
While AKRSP's emphasis has been on strengthening productive sectors, it also plays a vital role in supporting social sector initiatives in education, health, and youth development. The organisation acts as a catalyst for change by fostering community participation and institutional capacity to achieve inclusive growth and resilience.

About the Project

The *Sehat Ka Safar (SKS)* Project, is a collaborative effort led by the United Nations Population Fund (UNFPA) in partnership with the Aga Khan Foundation Pakistan (AKFP) and its implementing agencies, Aga Khan Rural Support Programme (AKRSP), Aga Khan Health Services Pakistan (AKHS-P), and Aga Khan University (AKU). The project builds on the achievements and lessons learned from the *Sihaat Mand Khandaan (SMK)* Project, which focused on strengthening sexual and reproductive health and rights (SRHR) and family planning (FP) services for women, men, adolescents, and youth in Pakistan.
The *Sehat Ka Safar* project aims to enhance the sexual and reproductive health and rights of women and adolescent girls across Pakistan, particularly in underserved and hard-to-reach areas of Gilgit-Baltistan, Khyber Pakhtunkhwa, Sindh, and the Islamabad Capital Territory. The project promotes a comprehensive, gender-responsive, and rights-based approach to health systems strengthening, adolescent empowerment, and community engagement.
AKRSP serves as a key implementing partner in this initiative, leading community engagement and demand generation interventions in Gilgit-Baltistan and selected districts of Sindh. Through community-based models, AKRSP works to address social, cultural, and gender-related barriers that hinder access to SRHR information and services. Central to AKRSP's work is the promotion of adolescent well-being through *Life Skills-Based Education (LSBE)*, an approach that equips young girls and boys with

knowledge, skills, and confidence to make informed decisions about their health, relationships, and future.

Activity Description

Adolescents in Pakistan face multiple barriers in accessing accurate information and services related to sexual and reproductive health and rights (SRHR). These challenges are particularly pronounced in remote and culturally conservative areas such as Sindh, and Gilgit-Baltistan, where social norms and limited resources restrict dialogue and awareness around SRHR, life skills, and gender equality.

To address this gap, the Aga Khan Rural Support Programme (AKRSP), under the *Sehat Ka Safar* project supported by UNFPA and the Aga Khan Foundation Pakistan, seeks to strengthen adolescents' understanding of SRHR through the development and updating of contextualized, age-appropriate, and culturally relevant Life Skills-Based Education (LSBE) and Information, Education, and Communication (IEC) materials.

The consultancy will engage a qualified expert or firm to review and update existing LSBE materials and translate them into Sindhi, developed under the *Sihaat Mand Khandaan* project. The updated content will reflect regional linguistic and cultural contexts, integrate lessons learned, and align with national LSBE frameworks. The materials will focus on enhancing knowledge, attitudes, and practical skills related to communication, emotional intelligence, bodily autonomy, menstrual hygiene, gender equality, and prevention of child marriage and gender-based violence.

The revised LSBE manuals and IEC materials will be designed to be inclusive, gender-sensitive, and accessible for both in-school and out-of-school adolescents. They will be validated through consultations with UNFPA, AKRSP, AKFP, and relevant stakeholders before dissemination. Ultimately, the activity aims to equip adolescents, particularly girls, with the knowledge and confidence to make informed decisions about their health and well-being while promoting positive social and gender norms within their communities.

Scope of work

The consultant or consulting firm will be responsible for reviewing, revising, and contextualizing existing Life Skills-Based Education (LSBE) modules and Information, Education, and Communication (IEC) materials developed under the Sihaat Mand Khandaan project. The objective is to adapt the content to Sindi and Urdu, cultural, and social realities of Diamer and Sindh, ensuring that it effectively supports adolescents' understanding of sexual and reproductive health and rights (SRHR) through community-based approaches.

The assignment will include the following key tasks:

1. **Review and Assessment**
    - Examine the existing LSBE modules, session guides, and IEC materials produced under the SMK project.
    - Identify areas requiring revision, simplification, or localization to reflect the distinct cultural and regional contexts of Diamer and Sindh.
    - Align content with the national LSBE framework and UNFPA's SRHR priorities.
2. **Content Revision and Contextualization**
    - Revise and contextualize the LSBE modules for age-appropriate groups, ensuring inclusion, gender sensitivity, and cultural relevance.
    - Adapt examples, language, illustrations, and activities to the sociocultural environment of Diamer and Sindh while maintaining pedagogical integrity.

- Integrate updated messages related to communication, decision-making, consent, menstrual hygiene, emotional intelligence, and gender-based violence prevention.

3. **Design and Presentation**

- Update visual design and layout to enhance readability and engagement for adolescents, including those with low literacy.
- Ensure that IEC materials complement the LSBE modules and are visually suitable for community dissemination.

4. **Validation and Finalization**

- Facilitate consultations and validation workshops with AKRSP, AKFP, UNFPA, and relevant government departments.
- Incorporate stakeholder feedback into the final materials and produce print-ready and digital versions in Urdu and Sindhi.

The revised and contextualized LSBE and IEC materials will serve as key tools for AKRSP's facilitators, educators, and community mobilizers to promote SRHR awareness, gender equality, and positive behavior change among adolescents and youth in Diamer and Sindh.

Expected Deliverables

Deliverable	Description	Timeline
Inception Report	A detailed work plan outlining methodology, structure, key milestones, and proposed approach for revising and contextualizing the LSBE and IEC materials.	Within 5 days of contract signing
Review and Gap Analysis Report	Assessment of the existing LSBE modules and IEC materials developed under the SMK project, including recommendations for contextual adaptation for Diamer and Sindh.	Within 10 days
Draft Revised LSBE Modules	Contextualized and updated LSBE manuals for three age groups (10–13, 14–16, 17–19 years), reflecting local linguistic and cultural nuances of Diamer and Sindh.	Within 25 days
Draft IEC Materials	Updated IEC content, including visuals, posters, and illustrations, tailored for community dissemination.	Within 30 days
Validation Workshop	Facilitation of a validation session with AKRSP, AKFP, UNFPA, and government representatives to gather feedback on draft materials.	Within 35 days
Final LSBE and IEC Packages	Final, print-ready and digital versions of LSBE and IEC materials incorporating all feedback and quality assurance checks (Urdu and Sindhi versions).	Within 45 days

All deliverables must be submitted electronically in both editable and print-ready formats, accompanied by a summary report detailing the revisions made and contextual adjustments incorporated.

Qualifications and Experience

Essential Qualifications:

- A Master's degree in Education, Social Sciences, Gender Studies, Public Health, or a related discipline.
- Minimum 05 years of professional experience in curriculum development, LSBE programming, or adolescent and youth education.
- Proven experience in developing or adapting LSBE/SRHR content for NGOs, UN agencies, or international development organizations.

Desirable Qualifications:

- Experience in Human-Centered Design (HCD) and participatory learning methodologies.
- Prior engagement with AKDN or UNFPA projects in Pakistan.
- Competency in developing visual and low-literacy IEC materials.
- Fluency in Urdu & Sindhi (required)

Key Skills:

- Excellent writing, editing, and instructional design skills.
- Ability to translate complex SRHR and life skills concepts into simple, engaging language for adolescents.
- Proficiency in the use of graphic design tools and Microsoft Office Suite.
- Strong interpersonal and facilitation skills for participatory validation workshops.

Ethical Standards and Safeguarding

The consultant or consulting firm will be required to adhere strictly to the ethical and safeguarding principles of the Aga Khan Foundation (AKF), the Aga Khan Rural Support Programme (AKRSP), and the United Nations Population Fund (UNFPA). All work must be conducted with full respect for the rights, dignity, and safety of all participants, particularly adolescents and young people involved in the consultation and validation processes.

The consultant will:

- Comply with AKF's Global Safeguarding Policy, Code of Conduct, and Child and Youth Protection Guidelines.
- Obtain informed consent from all participants and ensure voluntary participation, privacy, and confidentiality throughout the process.
- Maintain gender sensitivity and inclusiveness in all aspects of engagement, avoiding any form of discrimination based on gender, age, ethnicity, religion, or disability.
- Ensure that all data collection and participatory processes are conducted in a manner that upholds human rights, cultural values, and local norms.
- Take specific measures to prevent and respond to any form of sexual exploitation, abuse, harassment, or bullying (SEAH) during the consultancy.
- Sign AKF's Safeguarding Statement of Commitment before commencing the assignment.

All materials, data, and information obtained during this consultancy shall remain the property of AKRSP and UNFPA and may not be shared or reproduced without prior written consent.

Consultancy Timeline

The duration of the assignment will be 45 days including weekends.

Application Package

Firms or individual consultants interested in the assignment are expected to provide the following documentation:

1. Letter of interest, including the names and contact information of two previous clients who can be contacted regarding relevant experience.

Financial Proposal with a detailed breakdown of costs for the consultancy (considering all the taxes applicable as per Pakistan's taxation rules)

   i) Itemized consultancy fees/costs,
   ii) Validity period of quotations,
   iii) Expected payment plan and method.

2. CVs of all proposed team members outlining relevant experience (annexed to the technical proposal)
3. A copy of a previous report of similar work undertaken
4. Copy of legal registration (for registered firms / Companies)
5. A Consulting Firm / Company profile (if applicable).

Interested candidates/firms should forward their profiles along with the required documents by 27 November 2025. Please note that only short-listed candidates/firms will be contacted.

AKRSP/AKF(P) is an Equal Opportunity Employer and is Committed to Safeguarding and Promoting the Welfare of Children and Vulnerable Adults and Expects all Staff and Partners to Share this Commitment. For more information about AKRSP, please visit www.akrsp.org