



QUIZ CHALLENGE



2023/5th Edition

AU	Africa University
A4C	Action for Choice
BUSE	Bindura University of Science Education
CSO	Civil Society Organization
CUT	Chinhoyi University of Technology
DStv	Digital Satellite Television
DSA	Drug and Substance Abuse
GBV	Gender Based Violence
GSU	Gwanda State University
GZU	Great Zimbabwe University
HIT	Harare Institute of Technology
HIV/AIDS	Human Immunodeficiency Virus/ Acquired Immunodeficiency Syndrome
HSTV	Heart and Soul Television
LEAD	Leadership Explorations and Development
LSU	Lupane State University
MSUAS	Manicaland State University of Applied Sciences
MSU	Midlands State University
NAC	National AIDS Council
NCC	National Coordinating Committee
NUST	National University of Science and Technology
SADC	Southern Africa Development Community
SAIH	Norwegian Students and Academics International Assistance Fund
SAYWHAT	Students And Youth Working on reproductive Health Action Team
SDG	Sustainable Development Goals
SEAL	Sahwira Events and Lifestyle
SRHR	Sexual and Reproductive Health and Rights
STI	Sexually Transmitted Infections
SQC	SAYWHAT Quiz Challenge
TB	Tuberculosis
UZ	University of Zimbabwe
WUA	Women University in Africa
ZNFPC	Zimbabwe National Family Planning Council
ZTN	Zimbabwe Television Network



EXECUTIVE SUMMARY	iii
1. INTRODUCTION	1
1.1 BACKGROUND OF THE NATIONAL QUIZ CHALLENGE	1
2. 2023, 5TH EDITION	3
2.1 LEARNING OBJECTIVES	3
2.3 PARTICIPANTS STATISTICS	3
2.3.1 PARTICIPANTS PROFILES	4
2.4 THE QUIZ STRUCTURE	5
3. INFORMATION ADEQUACY, COMPREHENSIVENESS, AND RELEVANCE	6
3.1 FAMILY PLANNING AND CONTRACEPTION	6
3.2 FACTS ON STIS, HIV/AIDS AND SRHR	7
3.3 GBV INCLUDING SEXUAL EXPLOITATION AND ABUSE, MENSTRUAL HEALTH MANAGEMENT & ABORTION CARE SERVICES.	8
3.4 DSA, MENTAL HEALTH MANAGEMENT, TB, AND CANCERS OF THE REPRODUCTIVE SYSTEM	9
3.5 CLIMATE CHANGE AND THE ENVIRONMENT	11
3.6 OTHER	11
4. ELIMINATION CRITERIA AND RESULTS	13
4.1 THE ROUND ROBIN	13
4.2 THE SEMIFINALS	13
4.3 THE GRANT FINALE	14
4.4. THE AWARD CEREMONY	15
5. BROADCASTING THE NQC	16
6. CONCLUSION	17

The SAYWHAT Quiz Challenge is an annual flagship event that is implemented by the Students and Youth Working on reproductive Health Action Team (SAYWHAT) with support from the Swedish Embassy in Zimbabwe under the Action for Choice (A4C) project. The NQC is a knowledge game on public health affecting young people in Southern African region. The first edition of the NQC premiered in 2019 and its production has been broadcasted across various tv networks including Hearts and Soul tv (HSTV), Zim papers TV Network (ZTN), 3ktv on Digital Satellite television (DStv) and SAYWHAT's various social media platforms.

The 5th edition of the NQC was a 2-day event held at SAYWHAT Studio of Choice from the 15th – 16th of June 2023. As SAYWHAT's celebrates its 20th anniversary the theme of the 2023 edition was 'Two decades of changing the paradigm: harnessing the power of information in nurturing public health discourse and advocacy'.

The objectives of the 5th edition were:

1. To analyze the cognitive abilities of students in retrieving SRHR and public health information.
2. To facilitate transferring of accurate information on communicable and non-communicable diseases as well as general health rights and information.
3. To inspire existing SRHR curriculum review by both Civic Society Organizations (CSOs) and college authorities as the competition through provision of a reliable source to analyze SRHR and Gender Based Violence (GBV) information adequacy, comprehensiveness, and relevance.
4. To provide information on non-traditional programming areas for SAYWHAT such as Mental Health, drug, and substance abuse (DSA), tuberculosis (TB), climate change and the environment etcetera.

Students in pairs with a gender equality representation from 12 universities competed in the SQC 5th edition – Africa University (AU), Bindura University of Science Education (BUSE), Chinhoyi University of Technology (CUT), Great Zimbabwe University (GZU), Gwanda State University (GSU), Harare Institute of Technology (HIT), Lupane State University (LSU) Manicaland State University of Applied Science (MSUAS), Midlands State University (MSU), National University of Science and Technology (NUST), University of Zimbabwe (UZ) and Women's University in Africa (WUA).

The challenge had a total of 5 rounds with twelve episodes. In the first 3 rounds, all institutions were presented with a fair chance to secure a spot in the semifinals by getting an opportunity to compete against every other institution responding to similar questions. By the end of the third round 4 institutions with the least points were eliminated – AU, HIT, MSUAS and WUA. During the semifinals (Round 4), 4 more teams were eliminated and GZU, MSU, NUST and UZ proceeded to the grand finale (Round 5). NUST emerged as the winner, while UZ took second place and GZU third.

All competing students received certificates of participation. In addition, the top 3 winning institutions, and their competing students were awarded accolades. NUST as the winning institution received the SAYWHAT NQC trophy and a printer while the competing students were awarded HP laptops, gold medals as well as Edoofa scholarship packages to study in India. UZ in second place received a projector and the competing students were awarded silver medals and tablet mobile devices. In third place, GZU competing students received bronze medals and smartphones.

The challenge was characterized by high levels of competition as all institutions fought to remain in the championship and win the SAYWHAT SQC trophy. Comprehension was observed mainly on abbreviations and definition of terms on SRHR. There is need for strengthening information dissemination on local government and global policies to enhance student's knowledge capacity.

SAYWHAT Executive Director, Mr. Wilford; Board Member, Dr Matsika, National Coordinating Committee (NCC) Chairperson, Panashe Chandiwana; and Executive Dean of Students Affairs Mr. Chaka graced the event and addressed students. Production of the SQC 5th edition will be published across SAYWHAT online platforms including You Tube platform and on the Digital Satellite Television (DSTV) Mindset Channel 319.



Guest of Honor - Dean Chaka (MSUAS)



On the 15 – 16th of June 2023 the Students and Youth Working on reproductive Health Action Team (SAYWHAT) held the 5th edition of the SAYWHAT Quiz Challenge (SQC) at SAYWHAT’s Studio of Choice. The SQC is one of SAYWHAT’s flagship events held annually with the goal to bring together students from tertiary institutions across the nation to engage each other and deliberate issues to their development in the context of Sexual and Reproductive Health and Rights (SRHR) and other public health issues including mental health, climate change, and Drug and Substance Abuse (DSA). There is empirical evidence by educationists that practicing retrieval of something after learning it, for instance by taking a quiz or test, makes one more likely to retain it for the long term. SAYWHAT employs the quiz approach for its dual benefit of testing the students’ knowledge levels on SRHR and other contemporary public health challenges and identifying information gaps which subsequently lead to the designing of innovative initiatives.

1.1 Background of the SAYWHAT Quiz Challenge

SAYWHAT in partnership with the Embassy of Sweden in Zimbabwe under the Action for Choice (A4C) phase 1 project launched the inaugural SQC in 2019. The quiz challenge is a mind sport where participants (students) drawn from tertiary institutions compete to answer questions in pairs and provide evidence of their ability to recall and retain information from SAYWHAT SRHR and public health interventions.

The SQC is structured in a round robin format where each contesting institution/team meets every other team in a three-round format before the top eight team progresses to the semifinal. Each round leading to the semifinal consists of three episodes with questions that encompass abbreviations, definition of terms and general knowledge. Each round is worth a total of 100 points. Cumulative points after three rounds determines the 8 teams that will proceed to the two semifinals and the 4 that will be eliminated. The compound effect of fun and learning provided by the quiz challenge gave SAYWHAT the impetus to make the competition a permanent feature of its programming.

The first edition of the NQC was held at SAYWHAT head office conference room with 10 participating universities. The universities included Bindura University of Science Education (BUSE), Chinhoyi University of Technology (CUT), Great Zimbabwe University (GZU), Gwanda State University (GSU), Harare Institute of Technology (HIT), Lupane State University (LSU), Manicaland State University of Applied Sciences (MSUAS), Midlands State University (MSU), National University of Science & Technology (NUST) and University of Zimbabwe (UZ). The production of the quiz was broadcasted on Hearts and Soul TV (HSTV) and SAYWHAT Facebook and You Tube platforms.

The 2nd edition was held at Zim papers TV Network (ZTN) studio and two more universities were added to the 10 who competed in the first edition – Africa University (AU) and Women’s University in Africa (WUA). The second edition was broadcast by ZTN and SAYWHAT Facebook and You Tube Platforms.

In responses to effects of COVID-19 pandemic that required virtual programming, and to curb the costs of hiring out spaces for SAYWHAT’s various productions, SAYWHAT through the support of the Embassy of Sweden in Zimbabwe constructed the Studio of Choice at SAYWHAT head offices in 2021. All the following editions of the national quiz challenge have been held in the Studio of Choice since.

In its 4th edition, SAYWHAT responded to the feedback that the previous editions lacked representation of all tertiary institutions in Zimbabwe as participants were only drawn from universities. The 2022 edition therefore included students from Polytechnics, Teacher Training colleges, and Agriculture colleges under the theme ‘Enriching the mind: a step towards a healthy generation’. With the inclusion of other tertiary institutions, the 4th edition was unique from the previous editions as the challenge began with institutions competing at provincial level first and the winning institutions represented their provinces at national level. Ultimately the NQC had participants from 8 universities –



BUSE, CUT, GZU, GSU, HIT, MSUAS, MSU, NUST, and 4 Polytechnics – Gweru, Harare, Masvingo and Mutare Polytechnics. The 4th edition was broadcasted by 3Ktv Zimbabwe on Digital Satellite Television (DStv) and SAYWHAT You Tube.

HIT won the challenge twice, in the first edition in 2019 and 4th edition in 2022. MSU won in the 2nd edition while GSU won the 3rd edition. All the participants were awarded certificates while the winning teams received gold medals and laptops. The teams that took second place were awarded silver medals as well as smart mobile phones.



As SAYWHAT celebrates their 20th anniversary in championing SRHR for students and youth, the 2023, SQC 5th edition was held under the theme ‘Two decades of changing the paradigm: harnessing the power of information in nurturing public health discourse and advocacy’. The SQC was supported by the Embassy of Sweden in Zimbabwe and other development partners including Norwegian Students and Academics International Assistance Fund (SAIH), United Nations Educational Scientific, and Cultural Organization (UNESCO), and Edoofa Education for all. The 5th edition was also the first to have corporate partnership with one of the Nyaradzo Group brands, the Sahwira Events and Lifestyle (SEAL).

2.1 Learning Objectives

The 5th edition challenge learning objectives were as follows:

Objective 1: To analyze the cognitive abilities of students in retrieving SRHR and other public health information. The 1st objective is fundamental for the organization to recognize gaps in SRHR and Gender Based Violence (GBV) teaching methodologies. Since SAYWHAT’s work is hinged on information dissemination using participatory methodologies, it is vital to regularly check the various programs’ effectiveness. The systematic structure of the quiz challenge allows programs coordinators to assess student’s acquisition of knowledge, what was retained and in turn improve the organization’s information dissemination methodologies.

Objective 2: To facilitate transferring of accurate information on communicable and non-communicable diseases as well as general health rights and information. The threat of communicable and noncommunicable diseases constitutes a major challenge for development in the 21st century, undermines socio-economic development and threatens the achievement of the Sustainable Development Goals (SDGs). The SQC 5th edition aimed to promote knowledge that enhanced students’ knowledge capacity on communicable and noncommunicable diseases. The 5th edition was unique in the showing of sliding questions/answers on screens during the quiz intended for both participants and viewers following the challenge. Even though sign language is provided for viewers with hearing disabilities, visual aids to the quiz questions/answers were expected to increase participant and viewer understanding.

Objective 3: To inspire existing SRHR curriculum review by both Civic Society Organizations (CSO) and college authorities through provision of a reliable source to analyze SRHR and GBV information adequacy, comprehensiveness, and relevance. SAYWHAT recognizes the collective approach in addressing and achieving successive generations of healthy and empowered young people. Through the challenge and broadcasting platforms, stakeholders in the realm of SRHR and public health programming can analyze and note the knowledge gaps existing among students and youth. In turn, innovative interventions can be developed to counter and address the knowledge gaps improving SRHR and public health interventions.

Objective 4: To provide information on non-traditional programming areas for SAYWHAT such as Mental Health, DSA, tuberculosis (TB), climate change and the environment. The 4th objective responded to SAYWHAT 2021-2050 strategic framework that does not focus on SRHR issues only but is inclusive of public health holistically. Mental health issues, DSA and climate change are emerging trends in recent years that SAYWHAT has adopted in its programming. By adding public health related questions to the challenge, an opportunity arose to assess participants (students) knowledge on the mental health, DSA and climate change issues that will in turn aid program coordinators to devise effective and innovative awareness programs.

2.3 Participants statistics

The competing students were drawn from 12 universities like the 2nd and 3rd editions. The participating institutions all received public health information and education under the Action for Choice Project and



related interventions allowing the quiz competition to compare effectiveness of information methodologies across university institutions.

The 5th edition had 24 young people participating in the quiz challenge 1 female and 1 male from each university ensuring a gender balance.

There was 1 participant below the age of 18, 20 participants between the age of 19 – 24 and 1 participant above the age of 25. Below is a table indicating the gender age ratio among the participants.

FEMALE			MALE			TOTAL
<18	19-24	25+	<18	19-24	25+	
N/A	12	N/A	1	10	1	24

Students expressed their excitement to participate in the 5th edition of the SAYWHAT SQC and win the trophy for the institutions.

“As advocates for public health, I think it’s important that we all play a role to promote healthy and safe practices in our communities and support initiatives that promote public health outcomes. To my fellow contestants, I urge you to approach this competition with enthusiasm and desire to learn.” - Sanelisiwe Dube (WUA),

“Such competitions are of paramount importance to us as students as it helps us sharpen and broaden our minds on SRHR as students.” - Tatenda Bako (CUT),

2.3.1 Participants Profiles

No	Name	University	Age	Gender	Year of Study	Place of Origin	Program of Study
1	Mitchelle Mare	AU	23	F	3.1	Harare	Social Work
2	Percy Nyachowe	AU	24	M	2.2	Harare	Social Work
3	Cecilia Mukomberanwa	BUSE	21	F	1.2	Bindura	Human Capital Management
4	Munashe Chinyowa	BUSE	23	M	4.2	Harare	Safety Health & Environmental Management
5	Laura	CUT	23	F	3.2	Harare	Crop Science & Management
6	Tatenda B Bako	CUT	23	M	3.2	Chinhoyi	International Marketing
7	Cynthia Sekete	GSU	20	F	1	Bulawayo	Accounting
8	Prince Ncube	GSU	24	M	1	Bulawayo	Mining Engineering
9	Gugulethu Mkonto	GZU	24	F	1.2	Bulawayo	Development Studies (MA)
10	Ozias Chisvinga	GZU	18	M	1	Masvingo	Irrigation & Water Resources Engineering
11	Ruvarashe Machona	HIT	20	F	1.2	Chitungwiza	Information Technology
12	Takudzwa Mundoga	HIT	22	M	3.2	Harare	Information Security
13	Concillia Bhebhe	LSU	22	F	2.2	Bulawayo	Development Studies
14	Mangezi Ndhlovu	LSU	22	M	2.2	Bulawayo	Sociology
15	Blessing Mukazika	MSUAS	22	M	2.2	Mutare	Information Systems
16	Oslie Murambiwa	MSUAS	20	F	2.1	Mutare	Accounting
17	Tatenda	MSU	24	M	4.1	Kadoma	Biomedical Science
18	Tinotenda Makura	MSU	21	F	1.2	Zvishavane	Development Planning & Management
19	Henry Phiri	NUST	25	M	5.2	Bulawayo	Electronic Engineering
20	Zandile Mlilo	NUST	22	F			
21	Kelvin Bepere	UZ	23	M	3	Mutare	Radiology Diagnosis
22	Tawonga Mugwanya	UZ	21	F	1	Masvingo	Public Relations & Marketing
23	Kudzai Mutize	WUA	23	M	2.2	Goromonzi	Social Work
24	Saneliswe Dube	WUA	24	F	2.1	Victoria Falls	Environmental Management



2.4 The quiz structure

The SAYWHAT Studio of Choice setting of the SQC was ideal for the competition to be both educative and entertaining.

The challenge encompassed 5 rounds with a total of 12 episodes. Rounds 1- 3 had 3 episodes each (episode 1-9). From the 12 universities, teams were drawn into groups of 4 (1 group for each episode). By the end of Round 3 all participating institutions/ teams had competed against each other. For fairness, the questions for the 3 rounds were similar as such episodes were administered while unparticipating teams were quarantined to avoid access to the questions/answers of the participating teams. The adjudicators consolidated scores from the 3 Rounds and the four teams with the least scores were eliminated while top 8 proceeded to the semifinals.

Round 4 had 2 episodes where the proceeding teams were drawn into two groups. The adjudicators consolidated scores from Round 4 and the top 4 teams that earned the highest points proceeded to Round 5 with only 1 episode of the grand finale.

In each episode, the quiz master/ host (Panashe Chibatamoto) would read out the question twice to the participants. Once the questions were read, the participants were given 20 seconds to write their answers on the answer boards. At the instruction of the host, the participants would raise their answer boards and announce their answers to the adjudicators for scoring. The quiz master would say out the correct answer before reading out the next question and adjudicators awarded points based on the level of accuracy compared to the correct answer (each question carrying 10 points).

The questioning structure had 10 questions/ episode divided into 3 abbreviations, 3 definition of terms, 2 general knowledge and 2 pictorials. The questions were distributed across 5 categories that encompasses SAYWHAT interventions as follows: -

- (i) Family planning and contraception.
- (ii) Facts on Sexually Transmitted Infections (STIs), Human immunodeficiency virus, acquired immunodeficiency syndrome (HIV/AIDS) and SRHR.
- (iii) GBV including sexual exploitation abuse, menstrual health management and abortion care services.
- (iv) DSA, mental health management, Tuberculosis and Cancers of the Reproductive System.
- (v) Climate change and the environment.



The quiz questions measured the level of comprehension by participants on areas of SRHR as SAYWHAT's focus for many years, and other contemporary public health issues and general organizational knowledge. Questions included history, national statutes and policies, organizational information, and world events.

The significance of the questions in young people's health and wellbeing and how the students comprehended and responded to thematic areas is presented below.

3.1 Family Planning and contraception

Family planning allows people to decide when and if to have children, using the information, means and methods they need to do so. It involves a wide range of contraceptives, such as pills, implants, intrauterine devices, surgical procedures that limit fertility, and barrier methods such as condoms. SAYWHAT's programs focus is on the provision of SRHR information and services in tertiary institutions to ensure students make informed choices. SAYWHAT's partners with Zimbabwe National Family Planning Council (ZNFPC) to provide students with information and services regarding family planning and contraception. In addition, SAYWHAT in partnership with the Ministry of Health and Childcare and the National AIDS Council implements the national Condomize! Campaign that speaks to the most common mode of contraception among the young people in Zimbabwe. By providing students and youth with information and services on family planning and contraception, the rates of indulging in unprotected sex, STIs, unintended pregnancies, unsafe abortions, HIV/AIDS, and the transmissions of HIV from mother to newborns are reduced.

Out of a total of 50 Questions the quiz had 8 questions under the category of family planning and contraception – 1 abbreviation, 4 definitions of terms, 2 general knowledge and 1 pictorial.

Round	Structure	Question	Answer
Round 1	Definition of terms	Define maternal morbidity.	Maternal morbidity refers to any short- or long-term health problems that result from being pregnant and giving birth.
Round 2	Abbreviation	In relation to family planning, what does HVCR stands for?	Hormonal Vaginal Contraceptive Ring
	Definition of terms	What is the name given to the new injectable family planning method that prevents ovulation and provides contraception for at least 13 weeks?	Sayana press
Round 3	General Knowledge	What is the name of a parastatal under the Ministry of Health and Child Care established by an Act of Parliament in 1985 to coordinate the provision of family planning services in Zimbabwe?	Zimbabwe National Family Planning Council (ZNFPC)
	General Knowledge	Lina Marcela Medina de Jurado is a Peruvian woman who became the youngest confirmed mother in history when she gave birth on 14 May 1939. How old was she when she first gave birth?	Five years, seven months, and 21 days.
	Pictorial	Identify the family planning method in the picture.	Depo-Provera
Round 4	Definition of terms	In relation to maternal health, define parturition	The act of giving birth.
Round 5	Definition of terms	Define unmet need for contraception.	It is the percentage/proportion of fertile women who have reached reproductive age but do not want to become pregnant and are not using contraception.



Competing students expressed knowledge of family planning methods by correctly identifying pictorial questions. More interventions are however needed to capacitate students on the differences between two seemingly similar family planning methods – Sayana Press vs. Depo-Provera. Both Sayana Press and Depo-Provera work in the same way, but the difference is found in period of effect as well as the manner of insertion.

In addition, there is a need to capacitate students on groundbreaking events that define international action, for instance the case of Lina Marcela. It is important for students and youth to comprehend and contribute towards ending child marriages, teenage pregnancies, dangerous complications in pregnancy and childbirth, adolescent girls HIV statistics, experiences of domestic violence and ultimately improve the health of millions of girls.

3.2 Facts on STIs, HIV/AIDS and SRHR

STIs, HIV/AIDS and SRHR are closely linked and there are clear advantages to making connections between them at policy, programmatic and service delivery levels. STIs have a direct impact on sexual and reproductive health (SRH) through stigmatization, infertility, cancers, and pregnancy complications and can increase the risk of HIV. SAYWHAT offer reproductive health education and services through programs such as the Leadership Explorations and Development (LEAD) that acknowledges social and cultural barriers and seeks to challenge and eliminate all forms of discrimination in the higher education sector. Linking STIs, HIV/AIDS and SRHR improves access to both SRH and HIV services for vulnerable and key populations including minority groups, young students with disabilities and those living with HIV.

Like family planning and contraception, the quiz also had a total of 8 questions out of 50 in the category of STIs, HIV/AIDS and SRHR – 2 abbreviations, 1 definition of terms, 2 general knowledge and 3 pictorials.

Round	Structure	Question	Answer
Round 1	General Knowledge	Of the 4 common incurable viral Sexually Transmitted infections, which one is known to affect the liver?	Hepatitis B
Round 2	Abbreviation	What does the abbreviation EMTCT in relation to HIV and AIDS stands for	Elimination of Mother of Child Transmission
	Pictorial	Which of these two is responsible for the sex of a child?	The Male
	Pictorial	(Three parallel flags of the Zimbabwe, South Africa, and Botswana) Which of the following became the first African country to roll out female condoms as an HIV prevention package?	Zimbabwe
Round 3	Pictorial	Identify the STI in the picture.	Genital Warts
Round 4	Definition of terms	Define passive immunity	Transfer of hormonal immunity of readymade anti-bodies.
	Abbreviation	In relation to sexual and reproductive health, what does the abbreviation LAM stand for?	Lactational Amenorrhea Method.
Round 5	General Knowledge	What is the name of the organization established through the Act of Parliament of 1999 to coordinate and facilitate the national multi-sectoral response to HIV and AIDS in Zimbabwe.	National Aids Council (NAC)



90% of the students demonstrated knowledge capacity in the STI, HIV/AIDS and SRHR category showing clear understanding of the text and correct terminology. Students however, alluded to limited information regarding female condoms.

“There is little information about the proper use of the female condom. Again, young women are not familiar with how to insert it especially the outer ring concept.” Cynthia Sekete - GSU

Despite, Zimbabwe being the first country to introduce female condoms in the Southern Africa Development Community (SADC), a low uptake of the female condoms among the students can be expected when understanding is limited.

3.3 GBV including sexual exploitation and abuse, menstrual health management & abortion care services.

Nearly half of Zimbabwean girls have experienced physical violence and one-third have faced sexual violence since the age of 15. GBV undermines opportunities for women and denies them the ability to fully utilize their basic human rights. In addition to the implications for young girls, GBV has had a significant impact on Zimbabwe's social and economic development. SAYWHAT interventions focus on GBV case management with initiatives such as the call center toll free 577 and provision of information and service referrals to survivors. The main thrust of the call center is to increase awareness of gender responsive laws and services, provision of health care, psychosocial support, and legal aid to survivors of GBV. Survivors are informed of all the options available to them and the issues and problems facing a survivor are identified and followed up, and emotional support is provided to the survivor throughout the process. In addition, SAYWHAT interventions include mobilization of men and young people to support gender equality.

The category for GBV including sexual exploitation and abuse, menstrual health management and abortion care services had a total of 7 questions – 2 abbreviations, 3 definition of terms and 2 general knowledge.

Round	Structure	Question	Answer
Round 1	Abbreviation	In relation to Abortion Care Services what does the abbreviation MTP stand for?	Medical Termination of Pregnancy.
Round 2	Definition of terms	A 16-year-old is a minor in Zimbabwe. State the age limit for date rape.	There is NO age limit
	General Knowledge	R-Kelly... is a rapper.... who sang R'n'B and was convicted for sex with minors. What is Statutory Rape?	It is a crime of sex with a minor when sex is agreed to by both partners, not forced.
Round 3	Definition of terms	Define menorrhagia.	Menorrhagia is the medical term for menstrual periods with abnormally heavy or prolonged bleeding.
Round 5	Abbreviation	In relation to domestic violence, what does the abbreviation IPV stand for?	Intimate Partner Violence
	Definition of terms	Of the following three.... sexual exploitation, sexual abuse and sexual harassment, which term best defines an actual or attempted abuse of someone's position of vulnerability, differential power, or trust, to obtain sexual favors, including but not only, by offering money or other social, economic, or political advantages. It includes trafficking and prostitution.	Sexual exploitation.
	General Knowledge	Which Act stipulates that having sexual intercourse with a person below the age of 16 is an offense?	Criminal Law Codification and Reform Act.



The line of questioning in the GBV category probed on sexuality and sexual crimes in which the participants were able to offer positive responses regarding the nature of human sexuality as well as what constitutes sexual crime. There is, however, need for improvement in information dissemination on national policy regarding the age limit for date rape and its difference with statutory rape.

3.4 DSA, mental health management, TB, and Cancers of the Reproductive System

Zimbabwe's illicit substance use among adolescents and youths increased dramatically during the COVID-19 pandemic. Commonly used substances in Zimbabwe include glue, bronclee, mangemba, cane sprit, marijuana, codeine, and methamphetamine. Young people who persistently abuse substances often experience an array of problems, including academic difficulties, health-related problems (including mental health) and risky sexual relationships. Zimbabwe also has the highest estimated TB incidences in the world with most cases occurring among persons with HIV. TB infections are also a risk factor for mental health conditions including psychological distress, depression, and anxiety. Due to the growing evidence of DSA and mental health especially among young people, and to coordinate TB responses SAYWHAT in their 2021-2050 strategic framework adopted interventions that will aid in reducing DSA and mental health issues among the youth. SAYWHAT is involved in the STOP TB partnership that is aimed at reducing TB related mortality and morbidity amongst young people (10-24) in Zimbabwe.



DSA, mental health, TB, and cancers of the reproductive systems were the dominating theme, with a total of 12 questions throughout the quiz challenge – 6 abbreviations, 4 definition of terms and 2 pictorials.

Round	Structure	Question	Answer
Round 1	Abbreviation	In relation to Drug and Substance Abuse what does the abbreviation IDU stand for?	Injected Drug User.
	Abbreviation	In relation to Tuberculosis, what does the abbreviation MDR stand for?	Multi Drug Resistant.
	Definition of terms	What is dual diagnosis?	Dual diagnosis is the condition of suffering from a mental illness and a co-morbid substance use disorder.
	Pictorial	Name the drug that is being displayed on the screen.	Crystal meth or Methamphetamine.
Round 2	Abbreviation	In relation to cancers of the reproductive system, what does MRI stands for?	Magnetic Resonance Imaging
	Definition of terms	Name the type of tuberculosis that occurs outside the lungs and can affect any part of the body, including the lymph nodes, bones and joints, abdomen, urinary tract, and central nervous system.	Extra-pulmonary tuberculosis (EPTB)
Round 3	Abbreviation	In relation to mental health management, what does the abbreviation PTSD stand for?	Post Traumatic Stress Disorder
	Definition of terms	Define eclampsia.	A life-threatening condition during pregnancy or shortly after giving birth characterized by the development of seizures.
	Definition of terms	In relation to mental health, define the term attention deficit hyperactivity disorder.	(ADHD) is a neurodevelopmental disorder characterized by excessive amounts of inattention, hyperactivity, and impulsivity that are pervasive, impairing in multiple contexts, and otherwise age inappropriate.
Round 4	Abbreviation	What does the abbreviation VIAC stand for?	Visual Inspection with Acetic Acid and Cervicography
Round 5	Abbreviation	In relation to TB what does BCG stand for?	Bacillus Calmette Guerin vaccine.
	Pictorial	From the picture on your screens, which image/character best represents the age at which the Human Papilloma Virus (HPV) vaccine be first administered?	D

Save for the question on dual diagnosis, participants demonstrated adequate knowledge about the various social, cultural, biological, and economic aspects of DSA, mental health, TB, and cancers of the reproductive systems. Students however, alluded to the use of crystal meth and mbanje among the student population. There is therefore a need to strengthen DSA interventions to curb the scourge in tertiary institutions.



3.5 Climate change and the environment

The impacts of climate change have been significant within Southern Africa. Young people, particularly young women, tend to be the most affected by climate change as they are responsible for household economics and chores such as fetching water, laundry, and cooking. Droughts, floods, and natural disasters affect entire communities with challenges related to access to food, water, and disease outbreaks as well as limited access to schools, health, and social services.

As highlighted earlier SAYWHAT expanded their interventions from the focus of SRHR to include climate change among other public health issues. As a new phenomenon in SAYWHAT interventions, climate change and environment were the least prevalent category with only 4 questions – 1 abbreviation, 2 definition of terms and 1 general knowledge.

Round	Structure	Question	Answer
Round 1	Definition of terms	Define Climate Action.	Efforts to address both the causes and effects of climate change.
Round 2	General Knowledge	When is the International Climate Change Day commemorated?	21 June
Round 3	Abbreviation	In relation to climate change, what does the abbreviation COP stand for?	Conference of Parties.
Round 4	Definition of terms	The Global Stock take is a fundamental component of a global treaty which was adopted by 196 Parties at the UN Climate Change Conference in France on 12 December 2015. Which agreement is this?	Paris Agreement

65% of the participants demonstrated knowledge of climate and change by answering questions correctly – a positive outlook regarding youth involvement in climate justice. SAYWHAT and likeminded organizations can strengthen their climate change interventions to ensure students and youth are scaling up their efforts and using their skills to accelerate climate action.

3.6 Other

It was also observed that in addition to the 5 premediated categories, the quiz questions were also inclusive of other knowledge-based questions on SAYWHAT as an organization and the Zimbabwean Health system. As SAYWHAT celebrates its 20th anniversary it was important to assess students' knowledge of the organization. The questions amounted to a total of 11 – 3 abbreviations, 4 general knowledge and 4 pictorials.



Round	Structure	Question	Answer
Round 1	General Knowledge	Which country in the world had the highest Gender Development Index in 2021?	Sweden
	Pictorial	On screen is the first minister of health in independent Zimbabwe. Please state his full name....	Dr. Timothy Stamps
Round 3	Abbreviation	Under the health arm of Zimbabwe, what does the acronym MCAZ stand for?	Medicine Control Authority of Zimbabwe
Round 4	Abbreviation	What does the abbreviation SARSYC stand for?	Southern African Regional Students and Youth Consortium or Conference.
	General Knowledge	In which year did Zimbabwe launch the National Disability Policy	2021
	General Knowledge	In what year was SAYWHAT first registered as a PVO?	2017
	Pictorial	The picture on the screen is commonly used as a symbol in medical practice. What is the name of the symbol?	The Caduceus.
	Pictorial	Identify the virus shown in the picture.	COVID-19
Round 5	Abbreviation	Every year SAYWHAT hosts SASI debate competitions, what does the abbreviation SASI stand for.	Speak and Solve Initiative
	General Knowledge	What is the vision of SAYWHAT?	Generations of healthy and empowered young people (students, youth, adolescents, and children) across Africa.
	Pictorial	The shown flag is for which country?	Sweden

Various knowledge gaps were identified with this line of questioning and there is need for improvement in capacitating student knowledge on relevant health national policies, their history and development. SAYWHAT can strengthen information dissemination on public policy formulation, adoption, and implementation.



All twelve institutions competed for a spot in the semifinals during the round robin format (round 1-3). The round robin was designed to provide an opportunity for all institutions to compete against every other institution in the challenge. Teams' accrued points at the end of each round and these points were used to determine the elimination of teams at the end of the 3rd round.

4.1 The Round Robin

The first round of the quiz competition was very competitive as seven out of twelve teams failed to garner at least 50 points. NUST scored the highest points whilst AU and HIT were tied at the bottom of the table with 20 points.

In the second round MSU scored the highest points (70) whilst AU and the HIT were tied on the bottom of the scoreboard with 20 points again.

The third round was characterized by a show of understanding of medical terms as well as ability to define them but there was a challenge in relation to climate change. NUST scored the top points – 60 and the other three competing institutions in the round – UZ, MSU and HIT had 50 points.

The table below indicates each institution and the points they accrued in the round robin. In red are the institutions that were eliminated at the end of the third round.

Institution	1 st Round Score	2 nd Round Score	3 rd Round Score	Total	Position	Status
AU	20	20	10	50	12	Eliminated
BUSE	40	50	30	120	5	Proceed
CUT	30	50	20	100	8	Proceed
GSU	60	50	30	140	4	Proceed
GZU	50	50	10	110	7	Proceed
HIT	20	20	50	90	9	Eliminated
LSU	60	60	30	150	3	Proceed
MSU	50	70	50	170	2	Proceed
MSUAS	20	30	20	70	11	Eliminated
NUST	70	60	60	190	1	Proceed
UZ	40	30	50	120	5	Proceed
WUA	30	20	30	80	10	Eliminated

The round robin process ended with NUST scoring 190 points whilst MSU came second with 170 points, LSU came third with 150 points and the GSU was in fourth position with 140 points. AU, MSUAS, WUA and HIT had the least points – 50, 70, 80, 90 respectively. The four teams that had the least points were eliminated while the top 8 proceeded to the semifinals.

4.2 The semifinals

The first semi – final comprised of UZ, GZU, CUT and LSU. There was a tie breaker moment between LSU and GZU, as they had scored the same number of points. In the event of a tie, the respective teams undergo a series of 5 tie breaking questions derived from all the categories to decide the winner. The team that scores highest out of the 5 questions proceeds to the next round. LSU and GZU competed in 2 series of tie breaker questions and eventually GZU joined UZ to the final round.



Category	Question	Answer
DSA, mental health, TB, and cancers of the reproductive system	Which of the following drugs causes hallucinations. A - Morphine. B - LSD. C - Anabolic Steroids. D - Sedatives.	LSD Lysergic Acid Diethylamide
Knowledge based	Define menarche.	Menarche is the first time a person with a uterus and vagina has a period
STIs, HIV/AIDS and SRHR	ZIMPHIA in relation to HIV and AIDS stand for?	Zimbabwe Population Based HIV and AIDS Impact Assessment.
Climate change and the environment	Define carbon sequestration.	Carbon sequestration is the process of capturing and storing atmospheric carbon dioxide.
STIs, HIV/AIDS and SRHR	In medical terms, define horizontal transmission.	The spread of an infectious agent from one individual to another, usually through contact with bodily excretions or fluids, such as sputum or blood, that contain the agent.
Family planning and contraceptives	What is menopause.	The stage when the ovaries completely stop producing reproductive hormones, and there are no monthly periods for consecutive twelve months.
Climate change and the environment	what does the abbreviation ACP stand for?	African common position.
STIs, HIV/AIDS and SRHR	Which province in Zimbabwe has the highest HIV prevalence to the national?	Matabeleland South
DSA, mental health, TB, and cancers of the reproductive system	In relation to Drug and Substance Abuse, what does the abbreviation LSD stand for?	Lysergic acid diethylamide.

The second semi – final pitted GSU, NUST, BUSE and MSU with NUST and MSU progressing to the final.

Institution	1 st Semi – Final Score	2 nd Semi – Final Score	Status
UZ	60		Proceed
GZU	40		Proceed
CUT	0		Eliminated
LSU	20		Eliminated
GSU		30	Eliminated
NUST		80	Proceed
BUSE		40	Eliminated
MSU		50	Proceed

4.3 The Grant Finale

The final quiz challenge pitted NUST, UZ, GZU and MSU. This was the most competitive group as espoused by the results. Questions on medical condition, GBV, sexual harassment and contraceptives were easily answered. However, the defining moment was on HPV data and world events. NUST won first position, followed by UZ with GZU taking 3rd place. Even though it was the first for NUST to win the SAYWHAT SQC trophy, the team showed excellent preparation for the competition with scores above 70 in all rounds.



Institution	Final Score	Position
NUST	90	1 st
UZ	80	2 nd
GZU	70	3 rd
MSU	30	4 th

4.4. The Award Ceremony

SAYWHAT awarded certificates to all the students who participated in the SQC. The successful participants (top 3) and their schools had the opportunity to win various accolades as an acknowledgement of their achievement.

In addition, to certificates GZU participating students won each a bronze medal and a smart mobile phone. The institution focal person was also awarded a certificate and a bronze medal.

In second place, UZ students each won a silver medal and a tablet mobile device. The UZ focal person also received a certificate, silver medal and a projector for the school.

The winning students representing NUST received the SAYWHAT 2023 SQC Trophy. In addition to the trophy and the certificates, the pair were awarded each a gold medal and an HP laptop. Henry Phiri and Zandile Mlilo also won scholarship packages to study in India. The NUST focal person received a certificate, a gold medal, and a printer for the school.



It's not just a nicety to publicize events like the SQC, it's a necessity to maximize reach and boost brand exposure and credibility in generating successive generations of health and empowered young people in Zimbabwe and across Africa. Broadcasting the SQC deepens relationship with stakeholders specifically the students and youth making them feel seen, heard, and valued.

SAYWHAT kept stakeholders, students and youth, tertiary colleges, development partners, private sector and the public updated on the SQC production through promoting it on SAYWHAT online platforms. Posters and reels were developed and shared over social media platforms directing audiences to the SAYWHAT You Tube platforms where full episodes were available. Students and youth interactions on Facebook and You Tube had an approximate reach of 1,300.

As in the previous editions, the 5th edition of the SQC was also broadcasted through DStv Mindset Channel 319 every Saturday at 12:00 noon from the 12th of August 2023. DStv reported 480,000 weekly views ensuring a wider regional audience.



The SQC encouraged a fun learning environment that enhanced student's general knowledge. Questions tested student's understanding of SRHR, and public health themes related to Zimbabwe, SADC, and the globe allowing participants to showcase their comprehensive understanding of health rights. In their answers students were able to write and present responses so as not to limit their ability to demonstrate their knowledge. Participants were observed to be familiar with abbreviations as well as definition of terms related to SRHR, and program coordinators can easily identify what students know and the knowledge they lack. In future, SAYWHAT will strengthen its interventions on national and global policies that govern health rights in preparation for the next edition of the SQC in 2024.

The 2023 5th edition was broadcasted on DStv Mindset Channel as well as SAYWHAT online platforms with an audience reach of almost 500,000. Excellent preparations were observed with regards to production of the SQC with tv broadcast in mind. Time management, power management, the sound, light, smoke displays, personal appearances of participants and make-up of the quiz master were on point showcasing an improvement in comparison to the previous editions of the SQC. Participating students expressed awe of the studio, stage, and the whole experience.



Unoziva here chinonzi climate change kana kuti Jehovha ndiye mufudzi.



“ CLIMATE CHANGE IS A HOT TOPIC, CONSIDERING GLOBAL WARMING IS A REAL ISSUE. DEFINE CLIMATE ACTION. ”

FOR ALL THE FUN DETAILS WATCH ON



134



StarSat

309



319

DATE Saturday 19 August 2023

TIME @1200PM



SQC 2023 in pictures

NATIONAL QUIZ CHALLENGE

★ 2023 ★



2 DECADES OF CHAMPIONING
SRHR
FOR STUDENTS AND YOUTH.

Edoofa
EDUCATION FOR ALL



24 Jefferson Road, Logan Park, Hatfield, Harare, Zimbabwe
Web: www.saywhat.org.zw / Email: saywhat@mweb.co.zw

Saywhat SAYWHAT SAYWHAT