

AUGUST 2005

# **Evaluating a Livelihood-Skills Intervention for Sexual Risk Reduction Among Out-of-School Adolescent Girls in Rustenburg Mining Communities**

---

**D, r, C, a, r, o, l, e, J, o, n, e, s**

DOI: <https://doi.org/10.5281/zenodo.18531299>

## | Abstract

Out-of-school adolescent girls in Rustenburg's mining communities are highly vulnerable to transactional sex, early pregnancy, and HIV infection, largely due to economic deprivation. Structural interventions that enhance livelihood security are advocated, yet robust local evidence of their effectiveness is scarce. This short report evaluates the effect of a structured livelihood-skills intervention on key sexual risk behaviours among out-of-school adolescent girls in this setting. A non-randomised, controlled pilot study was implemented. Participants were allocated to either a 12-week livelihood-skills training programme, covering financial literacy, entrepreneurship, and vocational planning, or to a control group receiving standard health education. Data on sexual risk behaviours were collected through interviewer-administered questionnaires at baseline and post-intervention. Preliminary analysis indicated a positive trend. At follow-up, a smaller proportion of intervention participants (18%) reported engaging in transactional sex in the preceding month compared to the control group (32%). Qualitative feedback highlighted increased self-efficacy and the development of alternative income-generation plans among those in the intervention arm. The livelihood-skills intervention shows promise in reducing sexual risk behaviours within this vulnerable population by addressing underlying economic drivers, aligning with structural HIV prevention approaches. Further rigorous evaluation with a

larger sample and longer follow-up is warranted. Programmes should consider integrating livelihood components with existing sexual and reproductive health services for out-of-school youth. Adolescent girls, HIV prevention, structural intervention, livelihood skills, mining communities, South Africa This pilot study provides preliminary local evidence for a structural intervention model in a high-risk, under-served setting, informing community and policy responses.

---