

Viva girls reports to cover:

1. Dec 2022
2. April 2023
3. August 2023

All the centers- report, testimonies and photos

Kilgoris: 7 centers

Lepolosi

Endonyo – oonkoopit

Ildolisho

Enooretet

Oloiborsoito

Olomismis

Olalui

Saparingo: 4

Maasai moran

Saparingo naretoi

Oloisukut

Oloirien

W.pokot: 4

Naramam,

Morpus

Chestra

Chepukat

Samburu: 1

Kiltamany

Marsabit: 2

Merille

Laisamis

Paran: 3

Melelo

Paran

Olokusoroi

**KILGORIS REPORT OF VIVA GIRLS TRAINING HELD ON 12TH AND
13TH JANUARY 2023.**

Purpose; To empower girls to become agents of change among their peers and provide comprehensive education on traditional knowledge and social issues such as sexual reproductive health, self-awareness, responsibilities, how to avoid bad companies and environmental conservation.

The places reached during the trainings were;

- i. Lepolosi,

- ii. Endonyo Onkopit,
- iii. Oloibor soito,
- iv. Olalui,
- v. Ildolisho
- vi. Olomisimis.
- vii. Enooretet

The total participants were: **549** girls



A group photo at Endonyo Onkopit

At Ildolisho, the facilitator started by giving an example to the girls by asking them to lift their pens up comparing it to the weight of a Jembe which is heavier than the pen. She compared this to education by telling the girls that is better to persevere for a short period of time and to finally enjoy the fruits of their hard work. She

advised the girls to prioritize their education as it is their right to acquire proper education and let other things follow thereafter.

On traditional knowledge, it was shared that girls in the olden days used to take care of themselves by not engaging in any mischievous behaviors, they had a lot of respect to the elders and took care of themselves. In the past girls could stick to their roles and they were never reminded by anyone on what to do at what time. She added that girls had a lot of respect to themselves and even to the community at large, boys could treat girls as their sisters since clans and sub tribes were strictly observed. The girls were further advised that it is important for them to introduce themselves with their family names (surnames) to ease identification. The girls were further advised that in as much as education is concerned, they should never despise their local language and the way of dressing that recognizes the community customs and beliefs. The girls were further advised that our traditional language should be embraced even with the modern education. Earlier days, when girls use to stay at home and very respectful and took care of themselves. There were minimum cases of pregnancies in the earlier days. The girls were urged to be discipline and respectful as this is how they used to be in the earlier days whereby discipline and respect laid a strong foundation for them to be respectful in life. It built a lot of respect to their parents and other people in the

community. It is very important for them to focus on what is important at the moment then the rest will follow.



Facilitator teaching the girls at Olalui.

The girls were taught on responsibility whereby the facilitators explained responsibility as a way of managing oneself and doing what is right. She then advised the girls to always understand their responsibilities and perform their duties without supervision from anyone. In that they will develop self-respect and show sign of doing what is right for them to do. The facilitators also advised the girls on personal responsibility, their responsibilities to the families by helping their parents during holidays. They were encouraged to be of help to their parents when they are at home. In addition, they were urged that they should know their values as girls. They were further urged that they should have positive mindset and

should never allow themselves to be despised but rather think positively and big things will happen to them.

On sexual reproductive health, the facilitators taught on how girls should keep themselves for instance on menstrual hygiene they should always be clean. They were urged that they should protect their health, well-being and dignity at all cost. They were also urged that during menstruation, they should avoid being in contact with men this was compared to the earlier days where girls were not allowed to stay in the same house with their fathers. Once a girl's dignity is protected, they would be protected from sexually transmitted infections and unintended pregnancies.



A class session at Enooretet.

In addition, Female Genital Mutilation (FGM) was mentioned as an act of gender based violence they also mentioned on the side effects when one goes through

Female genital mutilation like leads to early marriages, school dropout and excessive bleeding. They were urged that FGM is a long gone activity rather they should concentrate on their studies for the betterment of their future.

During the discussions with the girls they were able to share some of the challenges that they go through. Some of the challenges mentioned were:

- Some girls are forced into marriages at younger age.
- Lack of good parental care.
- Peer pressure.

In respond to the challenges the girls were told that they should be free with their parents and have positive peers who would be help to them positively. They were advised that in case on any form violence they go through they should always speak. Additionally, they were advised on the importance of patience and not allowing themselves to be lured into desires that are not good at their age.



Girls engaging in tree planting at Enooretet.

Additionally, the girls were taught on the importance of conserving the environment through tree planting during this raining season in line with the tree planting activity that was undertaken before the trainings started. That was a sign to them that trees play a very major role in curbing the adverse climatic changes facing the global.

Testimonials

Viva girls have positively impacted us, the training has been of great importance to her I have been able to learn on how to avoid bad companies that might lead early marriage and unwanted pregnancies. I request the organization to help those girls who drop out of schools due to lack of school fees.



“Emaculate Naserian from Olalui”

I have gained a lot knowledge from the training today on traditional knowledge more so on how girls in the past used to respect themselves and even the community at large. The knowledge from our teachers will greatly help us know things that we never got a chance to experience.



“Nolari Sulai from Olalui”



I am grateful for the Viva girls program it has helped us a lot as girls here at Endonyo Nkopit. I have learnt how to avoid bad companies and be responsible as girls. I have also learnt on how to take care of myself how to avoid getting into unwanted

pregnancies and early marriages.

“Felisters Naeku from Endonyo Nkopit”

Recommendations

The recommendations from the trainings were as follows:

- Viva program to be extended to a one-week seminar so as to cover many topics with the girls.
- They requested to be taught on future expectations when one completes high school, topics on goals careers talents and skills.
- Girls who have attended more than four trainings to be awarded certificates and printed t-shirts for identification.

- The girls from poor families to be helped to get education and their basic needs for them to achieve their dreams.

Conclusion

The meetings which covered seven places ended successful having met the objectives of the program. The turnout of the girls was quite good as many girls learnt and contributed during the sessions and some shared their testimonies from the Viva program. The learners showed a positive attitude in the teachings and promised to become the agents of change in the community.

REPORT OF THE VIVA GIRLS TRAINING HELD IN KILGORIS ON 25TH APRIL TO 1ST MAY 2023.

The first training of trainees was carried out at Olorukoti Resource and Knowledge center on mental health, sexual reproductive health and drug and substance abuse to equip them with the relevant information that they are going to deliver to the girls in their respective areas. The trainees will also have an opportunity to share a short story to the girls as a way of impacting them with traditional knowledge at their

younger stage and seeing them grow abiding to the cultures and traditions of the community they belong to. This was a good methodology applied to empower the women in the community with knowledge on the above topics so that they would be able to share not only to the girls but also to their fellow women in the community. The main purpose of this training is to mentor, nurture and empower young girls to be better and responsible individuals in future.



Class session at Oloibor Soito

The training workshop was carried out in the following areas with other three areas coming up totaling to ten areas including; Saparingo, Oloirien, Maasai Moran, Olalui, Olomismis, Lepolosi, Oloibor soito, Endonyo onkopit, Enooretet and Ildolisho.

The total number of participants who attended the trainings were: **595**

As part of the training activity, the girls were first organized into smaller groups for discussions before the session starts as a way of engaging them into talks and sharing the challenges they are facing and these were the findings;

- Peer pressure
- Lack of proper guidance from the parents.
- Lack of school fee due to poverty
- Stresses due to neglect by parents
- Lack of sanitary towels in school which will force them to borrow and it contributes to stress and mental issues and results to poor performance in school.
- Lack of other basic needs like clothes
- Stigmatization
- Forced marriages and labor.
- Lack of good relationship with parents and teachers.
- Lack of role models.
- Lack of self-awareness.



Group discussion on challenges affecting girls at Olalui

It was therefore noted that mental health is one of the of the major concern for the youths' base on the research done with 20% of the youths worldwide suffering from it. The facilitators then explained it as a state that includes emotional, psychological and social well-being and it affects how we think, feel, and act. It affects how we handle stress, relate to others and make healthy choices. It is important at every stage of life from childhood and adolescent through adulthood. They mentioned that experiencing mental health problem is often upsetting, confusing and frightening. One can also become unwell, feel weak and sometimes losing your mind

In most areas the participants, it was evident that the causes of mental health problems and these were the findings; abandonment in childhood or adolescence, disrupted family life, poor communication in the family, sexual, physical or

emotional abuse, trauma, neglect, social isolation or loneliness, discrimination, stigma, social disadvantage and long-term stress. The girls were therefore taught on ways that will help contribute to a good mental help including;

- Valuing themselves as true dreamers of their lives.
- Taking care of their bodies by not engaging in drug and substance abuse
- Surrounding themselves with good friends who will help them in their time of need.
- Learning how to deal with stress by opening up to the people they trust.
- Setting realistic goals to avoid being stressed up whenever they fail to achieve them
- Breaking monotony by engaging in mind blowing activities such as games
- Getting help from friends and parents when they need.

The facilitators taught the girls on the drug and substance abuse whereby they highlighted on the effects of drugs to the school going children. They mentioned that some of the drugs that people take orally or even through injections includes bhang, heroin, tobacco and many others. They stated that young girls of their age get into the influence such as drugs easily as they be lured by their friends. They went forward to say that anyone in the influence of such drugs will definitely lose focus in her studies as it results into;

- School drop out
- Indiscipline in school
- Poor health
- Poor academic performance
- Poor body hygiene
- Addiction
- Stigma
- Psychological effect
- Irresponsible behavior
- Addiction
- Early pregnancies



Group discussion on drug and substance abuse in Lepolosi

They went forward to encourage girls not to engage themselves in any activity concerning the use of such drugs as they still have a future to live. They noted that anyone in the influence of drugs will definitely kill her dreams. They then advised the girls that the best ways to avoid getting the influence of these drug is through;

- Seeking guidance and counseling from their elders
- Avoiding bad company
- Keeping themselves busy by engaging in house chores and reading
- Having a role model to look upon

In addition, the girls were taught on sexual reproductive health whereby the facilitators stated it as the state of complete physical mental and social well-being in all matters relating to their reproductive system. It's very important for the girls for better access to sexual and reproductive health and rights hence can decrease child marriages, teenage pregnancies and transmission of diseases at their age. The girls were therefore discouraged from engaging in early sexual activities since it will expose them to early pregnancies and they may get infected with sexually transmitted diseases and HIV/AIDS. The best way for the girls is abstain from sexual activities until marriage to keep their dreams valid.

They encouraged the girls to be mindful during their menstrual periods by observing cleanness to avoid being infected with other diseases. They added that periods vary from one person to another hence some may undergo severe pain but they shouldn't worry of such situations. They girls should not shy away from sharing with their parents and guardians how they feel and what they need during such times to get help from them. They noted that when girls share their parents it will help solve the problems of strangers taking advantage of them during such times.

QUESTIONS AND ANSWERS SESSION

During the session the girls raised several questions such as

QUESTION? What causes irregular periods?

ANSWER; Periods may delay or occur earlier than expected depending on the body of the person due to some factors such as change of environment, change of diet or even when one is stressed up.

QUESTION? What causes severe pains during the periods for girls?

ANSWERS; It is due to hormonal imbalance that differ from one person to another hence people experience pains different.

One of the facilitators in Ildolisho area shared her experience as mother when she was still a young girl. She said that during her time they use to respect themselves whenever they are experiencing periods as girls by staying away from boys and respecting their bodies. She is a happy woman today that she took care of herself until it was the right time for marriage. She advised the girls to show respect to their parents and other elders in general as that will take them far in their studies.

TESTIMONIALS



“I would like to thank viva girls’ program for teaching us a lot of things that are beneficial for our lives as girls for example how to avoid bad companies and living a responsible life. I really appreciate viva girls”

~~ **Judith Nashipae.**



“I have learned a lot through viva girls program and am very grateful and may God bless you” ~~ **Joy Naserian.**



“We really appreciate viva girls for visiting our place it’s really a great pleasure to us. You have taught us a lot for example abstinence from sex and other practices that can harm our lives as girls. The program has also supported the girls with some items like sanitary towels which some cannot afford sometimes thank you so much Viva.” ~~**Naisula Ntome.**



“I would really thank for Viva girls program for visiting us, it has really encouraged us to work hard in our studies and get rid of cultures like female Genital Mutilation (FGM) and we have realized that the practice is harmful to our health. We promise to work hard in our studies so that we become better people in future and set a good example to other coming generations.” ~ **Nancy Nempiris.**



“Viva program have encouraged girls in our locality to be able to continue with their studies even after completing their secondary school education to avoid early marriages in the community. Some of our parents are still supporting FGM but since we have been educated about it, we

are saying NO to FGM as girls we must complete our studies first.” ~~ **Brighty**

Nolari

Challenges affecting facing the young girls

- Peer pressure
- Lack of proper guidance from the parents.
- Lack of school fee due to poverty
- Lack of sanitary towels in school which will force them to borrow and it contributes to stress and mental issues and results to poor performance in school.
- Lack of other basic needs like clothes
- Lesbianism in schools
- Stigmatization
- Forced marriages and labor.
- Lack of good relationship with parents and teachers.
- Lack of role models.
- Lack of self-awareness.
- Heavy responsibilities at home

Recommendations.

- I. There is need for additional sanitary towels for the girls
- II. Introduction of guiding and counselling sessions alongside the trainings.
- III. There is need to train parents on how they should live and have a good relationship with their girls back at home.
- IV. The girls suggested that in the next trainings they need to be trained by youths since they will be free to interact and ask them questions.
- V. Males should also be included in the trainings to make it very effective.
- VI. There is need for career choice training.
- VII. The girls need to be provided with printed t-shirts and certificates of participation.

Conclusion

From the number of participants from the different areas, it's evident that there is a great improvement since the turn out is increasing day after another one. Maasai Moran and Oloirien are our new stations and for the first time we had an amazing number of girls and area residents warmly received our program and they promised to spread the news in the next coming trainings. From the girls' testimonials we can tell that they are really benefiting from the program in terms of trainings and

the few materials provided. When you compare the last year participation and this year, there is a very big increase of participants and the methodology used this time round is very unique where the trainees were first trained before going to the field to train the girls.

VIVA GIRLS WEST POKOT

The Viva Girls Project was set to take place in 4 centers. Naramam, Chesra, Napakarin and Chepukat. Since the area has always been facing challenges like early pregnancies, school drop outs and early marriages.

CHESRA CENTER:

We had a total of 109 girls. The village and area is one of the most affected. The age bracket was from the age of 11-16years where the girls claimed most of their elder sisters and girls had been married off. They were taught on the dangers of early pregnancies where by at a young age they have not yet become strong to carry a baby, they were also at the verge of losing their lives during child conceiving. Early pregnancies would also stop them from going to school because they will be feeling afraid to get to class and even they will be obligated to take care of their children and by the time they finish up their class mates shall have moved miles ahead of them. School drop-out level also is very high at the place. The main reason is that these same girls are the ones who pay their examination

fees and also buy for themselves school uniforms. They were encouraged that since it is the situation at hand, it was good for them to work as a team of girls through the struggle and uplift each other by encouraging each other through the journey. The girls in unison agreed that despite not receiving support from their parents, they would keep encouraging each other and work towards being great girls and change the stories of their community. On early marriages, the girls said at some point they were being forced so that their parents could get cattle, and they were being married off at very early ages where they cannot say NO. They were advised to always be courageous and share with their teachers in case they are being forced or talk to the Chief or assistant chief who would instead help them and protect them. And for the scenario where it was more of peer pressure, the girls were taught the importance of getting married at a ripe age where by they can stand up for themselves and will not need to be like slaves to their husbands where they can be beaten anyhow and even denied money to feed their children. The girls said they would wish to leave different lives as compared to that of their parents and ensure they would get to the universities.



A picture of one of the girls who has managed to get to high school encouraging her young sisters.

CHALLENGES

1. The greatest challenge was lack of support from their parents
2. Inability to access necessities like sanitary towels.
3. Lack of exposure on important social activities

RECOMMENDATIONS

1. Requested for mentorship programs every holiday
2. Asked for boys mentorship to be also included'
3. Requested inner wears since most of them said they did not have.



Pictures of Chesra girls after receiving their personal effects.

NARAMAM CENTER

There were a total of 118 girls within the age bracket of 12-24years. The topics of emphasis were on Importance of education, Early pregnancies, school drop outs and Relationship matters.

On the issues of education, they were taught on the importance of being educated as a girl and how the current world is moving and both boys and girls are given equal chances as long as they are educated. It was therefore very important for them to embrace education and be very serious with it since now it was the only way they could be able to compete with the male gender. Menstrual period was also another issue being discussed and the girls were taught on how it was very normal for every girl to undergo it and that they ought not to be afraid of anything but be proud of it and keep themselves clean during those days of the month. And

if it was a first timer, they were advised to talk to their elder sisters and even their mothers to guide them on how to go about it. A demonstration on how to use a sanitary towel was also done and how to dispose it after.



A picture of the girls keenly listening on the issues of menstrual periods.

Early pregnancies and school drop outs was still also being experienced in the area. This was mostly contributed by getting into relationships at early ages and not knowing ow to go about. They were therefore taught that the boy child had nothing major to lose because they would not carry the pregnancy or drop from school to look after the child but it would be the role of the girl and they would have lost a great deal. The boy would even not end up marrying them because they would want someone who is learned and the girls would end up being single mothers which is not a good this. The girls accepted to desist from this relationships and focus on being better girls



Pictures of the girls happy after receiving personal effects like sanitary towels, soap, jelly, books and a pen.

CHALLENGES

1. Lack of personal effects like sanitary towels and inner wears.

RECOMMENDATIONS

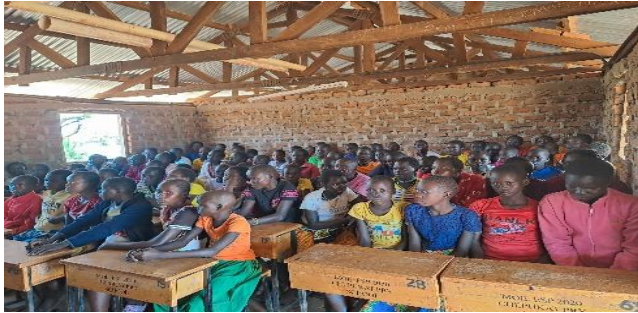
1. Requested for boys training and mentorship.
2. Requested for more trainings for girl child too

CHEPUKAT CENTER

There were a total of 89 girls from the range of age 12 to 21. Female Genital Mutilation is still being practiced in the particular area and it was the major

emphasis because once they undergo the backward cultural activity they end up getting married off and even drop out of school because they end up feeling like they are women now and not girls. The girls were taught on the dangers of female genital mutilation. They were told their lives would be in danger in instances where they could bleed to death during this circumcision. They would also face dangers during times of birth and chances of surviving are very minimal. There was also the issue of a very popular dance “NASA”. The girls explained that it is the reason of the high rate of school drop out and early pregnancies. They were told that for the sake of their future and for them to be great and successful people in future, they had to desist from going to this dances and concentrate on more important things. Since most of their parents were not learned and the availability of local brews like changaa, the girls said they were facing difficult times because their parents and guardians were irresponsible and therefore do not pay their school fees and even do not provide food for their homesteads. They were advised that it was of great importance for them to accept that, that is the place they were born and could not change who born them. It was therefore a duty for them as girls of that

place to encourage each other and motivate themselves towards success.



A picture of the girls keenly following on the teachings.

The girls also said that on early marriages, girls are always sent at an early age to stay at the boy's parents house and grow up as if it's their home and end up being married once they show signs of maturity. Girls were also being "harvested" as put by the girls. Whereby once drought hits the land, it was automatic that one girl would be married off by force and was more of a routine and they could not resist. They all agreed that they would report to the authorities like the chief and assistant chief because they wanted to study and further their education.

Importance of education was also very much emphasized, they were told that education was the key to them becoming great and achieving what they want in life. And for girls in the area, there was none who had gotten to University and therefore in case of any privileges it would definitely be offered and given to the boy child leaving them disadvantaged. Education was also stated to be of great importance because it would enable them gain respect from the society and they

would not be treated like any other unlearned woman where a man can just mistreat anyhow and will not say anything. And since they had large tracts of land, the girls suggested and agreed that it would be better to report their parents to the chief in case they refused to educate them yet they had the resources.



Pictures of the girls at Chepukat excited after receiving their personal effects.

CHALLENGES

1. Lack of support from parents.
2. They said they lacked role models in their area whom they would look up to.
3. The famous dance “NASA” which was done at night and girls would be eloped.

RECOMMENDATIONS

1. They requested for one meeting for their mothers since they wanted their mothers to be like those of Naramam.
2. They requested for inner wears and trainings every holiday.

NAPAKARIN CENTER.

There were a total of 331 girls from the age of 9-25years. Since the number was too big, they were divided into two groups those below grade five and those in grade six and above.

The ones in grade five and below were being taught on the importance of being a good child at home, on the importance of education and not only going to school but doing well in class. Since they were still young they were told that menstrual flow existed and was normal and in case they experience it early they should not fear but share with their big sisters or Mothers.



A picture of the small girls excited after the great lessons and receiving their personal effects.

For the seniors, they were taught on issues of Early marriages, early pregnancies and school drop outs.

Early pregnancies is the most evident thing where the girls said it was more of a normal thing. Most of the girls give birth at form one or two. The facilitator told them it was a very wrong thing because at that age they are still very young. It is also very difficult for them to concentrate with their studies while they have a child at home since they will be thinking more of them and not class work. Child bearing at an early age would also lead to school drop out because in most cases they shall be required to stay at home during the pregnancy period and look after their children until they are of age 2years, by the time they get to school their class mates will have finished school and they might end up losing morale and decide to just stay back at home



A picture of the girls keenly listening to the trainings on issues of early marriages.

The importance of girl child education was also emphasized and how the world is giving equal treatment and opportunities to learned boys and girls. It was also emphasized that through education is how they would gain respect from men and be viewed in a different way.

Peer pressure was also very evident from how the girls were expressing themselves on several issues more so on early pregnancies. They were advised that every person had different life to leave and decision to make. It is therefore very important as a girl to have a personal stand and unshakable self-esteem so that they shall not be easily carried away by what their peers are doing and end up messing up their lives.

Personal hygiene was also emphasized on how girls should maintain and keep themselves clean always more so during the time of Menstrual periods. They were told every girl ought to always look clean and smart both at home and at school. A demonstration on how to use sanitary towels was also done and also on how to dispose it well after use.



A picture of the girls very happy after being given some personal effects.

CHALLENGES

1. Peer pressure was one of main challenge among the girls

RECOMMENDATIONS

1. Requested for more trainings and also for the boys to be included

Appreciated the training and asked for more trainings

VIVA GIRLS WORKSHOP. MERILLE AND SALAMIS AUGUST 2023

Viva girls workshop took place in Merile and Salamis towns and it attracted a total of 131 girls and it was indeed successful.

The girls were taught the following topics

1. Importance of education
2. Drugs and substance abuse.

3. Healthy and unhealthy relationships
4. Menstrual hygiene.

EDUCATION.

On education, girls were asked why they went to school and they responded by saying that they were taken to school so that:

1. They acquire knowledge

2. Get brighter future

3. Achieve their goals

They were taught what education was, that it's a process of receiving or giving systematic instructions especially at school.

That education is knowledge, skills and development gained from study as practices, and that the greatest gift given to them by their parents is education and in order for them to succeed, they needed to focus on believing in their set goals.

They were taught importance of education which will enable them be self-dependent, that education opens new opportunities, makes one realize full potential and also teaches people the need for a stable and secure community. Education helps create equal opportunities, among others.

DRUGS AND SUBSTANCE ABUSE.

On drugs, the participants were asked what a drug was and also gave several examples of drugs they know. They mentioned few such as miraa, tobacco, beer and bhang.

A drug was defined as substance that can alter the way the body and brain functions. And that they can be legal and illegal and can include prescription drugs, over the counter drugs and illicit drugs.

Substance abuse was defined as use of drugs in a way that is harmful to the user and dangerous.

Types of drugs were also taught and their effects. Types of drugs were stimulants, depressants, hallucinogens, cannabis and steroids. On consequences, the girls were taught that drugs can cause physical health problems e.g. Heart disease, liver damage, respiratory diseases and even death. It can also cause mental health issues such as anxiety, depression and psychosis. It can also lead to financial and socio-relations problems.

They were taught to always take care not to be involved in drugs and that they should always practice to say NO specially to peer pressure which is seen as number one cause of drug use among the youths.

HEALTHY AND UNHEALTHY RELATIONSHIPS.

Girls were taught on what both healthy and unhealthy relationships were:

A healthy relationship involves honesty, trust, respect and open communication between partners and they take efforts and compromise from both people. Here partners respect each other's independence, can make their own decisions without fear of retaliation and share decisions.

Signs of healthy relationships: 1. Knowing each other well

2. Solving solvable problems.

3. It involves the 3Cs, Communication, Compromise and Commitment.

Girls were taught unhealthy relationship can be defined as one that is characterized by an ongoing pattern of behavior such as lack of communication, power imbalance, lack of mutual respect, lack of boundaries among others. Its characteristics are control, hostility, dishonesty, disrespect, intimidation, physical violence and sexual violence. They were urged that everything has its own time they needed first to focus on their education other than engaging in relationships as early as 10 years.

MENSTRUAL HYGIENE

Girls were taught that menstrual hygiene management refers to access to menstrual hygiene products to absorb or collect the flow of blood during menstruation.

Privacy to change the menstrual and access to facilities to dispose of used menstrual management materials.

They were taught on methods of menstrual hygiene management as:

1. Wearing of lightweight and breathable clothing such as cotton underwear's.
2. Change of menstrual products regularly.
3. Keeping their genital areas clean.
4. Use of unscented toilet papers, tampons or pads.
5. Drinking enough liquids.
6. Track and monitor your periods.

On importance of menstrual hygiene, girls were taught: That good menstrual health and hygiene practice can;

1. Prevent infections.
2. Reduce odor
3. Help one stays comfortable during periods.

Girls were taught to take menstrual cycle positively and maintain the hygiene in order to be happy.

The workshop was really a success as girls gave positive responses that they have indeed learnt a lot and suggested it to be done every holiday.

Thanks, and be blessed.

NARAMAM VIVA GIRLS DECEMBER 2022

The meeting which was held at Naramam center on 16th had a total of 103 girls.

The girls were to be taught on

1. Importance of girl child education
2. Healthy and unhealthy relationships.
3. Dangers of female circumcision.

The meeting started with the girls singing some great and joyous songs ready for the teachings.

On the issues of girl child education, the facilitator started by asking them their class levels and we noticed that only one lady had gotten to the University. She therefore went ahead to teach them on the importance of education as girls whereby she told them that with the current and moving generation and world, it was very important for them to be educated since the world was becoming very competitive and it would also favor only the learned ones. She also told them that

through education, one would be able to have financial stability which would save them from a lot of shame since they will not need to go around begging other people for foods or even basic needs. It would also raise their levels of living and they will also end up being respected in the society. They were also advised that they should act as motivating factors to their parents to keep paying their school fees and this they would do by performing well in school and also by being respectful to their parents. The girls vowed and agreed to take their studies so serious so that they could be able to be like the girls from all the other places and even compete with them.



A picture of the girls listening keenly as they are being trained on the importance of education.

On issues of healthy and unhealthy relationships, they were advised that not everyone around them was worth being their friend and that every good person around them was worth being a friend. The girls were asked if they had boyfriends and if they knew the dangers. On healthy relationships, they were told to be around friends who would impact their lives positively like engaging in group discussions or activities like helping their parents back at home. On unhealthy relationships, she emphasized on the issues of negative peer pressure. This is whereby most girls were seen engaging in several negative and bad activities like early relationships, early marriages and even being mothers at an early age. She told them that any friend that would alter them from focusing on their set goals and wanted to do the opposite was a bad friend and it was good for them to cut off such people for they will make them fall into bad traps. The girls therefore unanimously agreed that they would not be friends with people who had different agendas other than the agenda of being better and succeeding.

On the issues of dangers of female Circumcision, it was said that some few people were still practicing this backward form of culture. The girls were taught on its dangers which were several and very severe. They were even shown some videos and pictures of the same. One of the effects was that during circumcision, a girl might excessively bleed and end up dying. Secondly was that once they went this cultural practice, it would be very hard for them to keep up with their studies since

they will feel like they are already all grown and same to their teachers and at the end decide to drop out of school and get married which was a very bad thing. Another very great effect was that if they undergo circumcision, when it comes to the time they would like to be married and have families, they shall have difficulties while giving birth and they shall need to undergo operations which will be risking their lives and they might end up losing their lives or their children's lives or even both of them but end up losing their lives. They all agreed that they would not undergo the tradition and that they would also act as ambassadors against the same backward traditional act.



A picture of the girls keenly following on the teachings.

RECOMMENDATIONS

1. The girls requested for more trainings each holiday.
2. They also requested for some bit more necessities.

NARAMAM VIVA GIRLS APRIL 2023

The meeting was held on 21st April at Naramam center and a total of 117 girls attended.

The topics handled were:

1. Girl child education and issues of early pregnancies
2. Sexual and Reproductive health and rights
3. Drugs and Substance abuse.

On girl child education and issues of early pregnancies, the area being remote, some of their parents did not really see the value of education and so some of the girls were not taking their studies so serious and some even already had children while at school. We taught them on the importance of girl child education by telling them that it is very important for a girl to be educated since it shall help them in several aspects. One of the points emphasized was the fact that the world is

changing and both girls and boys are now being given equal opportunities in the job market. They were also taught that with education, one will be able to pursue her dreams and be what they have always aspired to be. It is also going to raise their social status and earn respect automatically in a patriarchal society because now they will end up in their dream careers and have financial stability which will lead to automatic respect. Early pregnancies were also one of the issues affecting the place, after teaching them on the importance of girl child education, we went ahead to tell them that it would be next to impossible for them to achieve their dreams if they engaged in early unhealthy relationships and get babies since now they will have to concentrate on their children and the school concentration will be drifted and they might even end up dropping out of school. Early pregnancies would also lead them to becoming single mothers since the boys might decide to keep up with their studies and end up marrying girls who also have their own professions. The girls in unison therefore agreed that they would not engage in unhealthy relationships so that they could achieve their set goals and dreams.



A picture of the girls listening on healthy and unhealthy relationships teachings.

On Sexual and reproductive health and rights, they were taught that sexual and reproductive health rights is related to multiple human rights including the right to life, the right to be free from torture, the right to health, the right to privacy, the right to education and the prohibition of discrimination. The importance of this rights were stated to be, leads to decrease of early child marriages, decrease teenage pregnancies and prevent transmission of sexually transmitted infections. They went ahead to be taught on the menstrual cycle and were told that it was normal for every girl to undergo that. And that those who had not yet experienced should not be afraid but always look for someone they could talk to more so their elder sisters or mothers. They were also urged that it was very important for them

to keep very high hygiene during the period, they should at least bathe twice in a day and change their sanitary towels like thrice.

On drugs and substance abuse, the girls said that since the previous meetings, it has gradually reduced and that few people were engaging in it. They were therefore taught on the dangers of engaging in drugs and substances abuse hereby they were told it would bring about both physical and mental damages and this will definitely alter their ways of existence. Through engagements in drugs and substance abuse, they would have judgement impureness and end up making very wrong decisions. They might even get raped and acquire diseases or even get unwanted pregnancies which will lead to them being depressed and even traumatized. The girls therefore agreed that they shall be ambassadors of drugs and substances abuse and that they shall educate their peers and even parents on the same.



A picture of the girls happy after receiving some necessities.

RECOMMENDATIONS.

1. The girls requested for more meetings every holiday
2. The girls requested inner wears in the next meetings.

VIVA GIRLS TRAINING HELD AT PARAN, OLOKUSEROI AND MELELO ON 24TH,26TH AND 27TH APRIL,2023



A group photo of the meeting participants in Olokuseroi

PURPOSE

The purpose of the meeting was to empower the girls and ensuring there are understanding the challenges they are going through and how to overcome for them to be better their lifestyle and be good examples to the other girls in the community.

ATTENDANCE

Paran 34 participants

Olokuseroi 67 participants

Melelo 65 participants

Topics Taught

The girls were taught on the following topics;

Hygiene and cleanliness; The girls were taught on what are the importance of personal hygiene and cleanliness. They were informed on the various ways to keep themselves clean as girls. During their period days they were taught on the importance of changing their sanitary towels within 6-8 hours, taking bath and proper disposal of used sanitary towels.

The girls were informed on the proper latrine use to avoid splashes which causes urinary tract infections, they were also taught on the importance of washing their inner clothes well and hung under the sun to ensure it dries well. The girls were encouraged to have at least 3 inner wears this help them not to put on wet ones because they have enough to change from.

The girls were encouraged not use perfumed soaps to clean their bodies since it has effect to their reproductive body.

In Melelo the girls were asking how they can access sanitary towel and the right people they could ask from. The facilitator answered them by giving the various

options and most importantly they were encouraged to ask from their parents not from their boyfriends who will use them.



Meeting participants in Melelo listening to their facilitator during the meeting

Peer pressure; the girls were taught on the different ways they can avoid peer pressure for example knowing and understanding where they are coming from.

This

Sexual reproductive health; on this topic the girls were taught on the importance of keeping their reproductive parts health. They were taught on the issue of early sex which results to them getting pregnant and contracting sexually transmitted diseases. The girls were encouraged to abstain from sex. They were given a statistic on the rise of teenage pregnancy in the country.

In Paran, Melelo and Olekuseroi the girls were asking on how they can avoid boyfriends. The facilitator informed the girls that the best ways they can avoid the boys who are disturbing them is for the girls to respect themselves, being busy and

stop being available for the boys. Where they were encouraged to stay at home and help their parents rather than them walking around the village with boys.

Education; the facilitator taught the girls on the importance of education and that they should give their education the first priority. They were informed it is only their education that can help them change their family and society at large. They were encouraged to have timetables and study groups to help them revise well and improve their grades.



One of the meeting participants in Paran giving her insights during the meeting

Drug and substance abuse; the girls were informed about the different types of drugs that are abused around them such as bhang, miraa, alcohol and cigarette.

They were informed on the effects of these drugs on their bodies as well on their education too. They were encouraged to avoid friends who are abusing drugs.

Other topics taught include having principles and goals and decision making where they were informed that they are responsible for their own lives so the choices that they will make today will affect their lives in future in one way or another, either positively or negatively. They were encouraged to always consult their teachers and parents to guide them before making any decisions.

On having principles, they were informed that they should have goals and that they should know what they want in life.

Challenges faced by the girls

During the meeting the girls shared the following as their challenges;

1. They lack access to dignity kits especially sanitary towels and panties
2. They are having challenges on early relationships which lead them to being pregnant
3. Some parents are not supporting the girls therefore making them to look for that support outside their homes hence them being vulnerable to sexual assault

Recommendations

1. Girls request for more trainings and exchange visit from other girls during the school holidays

2. Girls were requesting to at least be given 4 packs of sanitary pads that will take them through the school term until the next holiday

Conclusion

In conclusion the meeting in the three areas were successful. The purpose of the meeting was attained. The girls were very active especially in Melelo they asked questions which showed they wanted to learn more. In Olekuseroi it was first time having the girls meeting there since it's a new center, the girls were happy about the training and are willing to come for more training for them to learn.

REPORT OF VIVA WORKSHOP HELD AT MERILLE ON 9TH JANUARY 2023

The meeting was attended by a total number of 82 participants both boys and girls the participants were from Merille town and also the neighboring village such as Kamutonyi, Lontolio and Naivibis.

The following topics were taught;

1 Education

The participants were taught the importance of education and how they can balance their studies while helping their parents with work by creating a flexible schedule at

home during holidays they were also advised that they should have to set their goals and being focused on them well.

2 Relationship

The participants were taught on healthy and unhealthy relationships which are engage at an early stage and they affect someone positively or negatively. They were advised that unhealthy relationships are harmful as they are the ones that lead to early pregnancies and bad companies that contribute to use of drugs for instance the participants were advise to choose their friends wisely for bad companies always corrupt good morals.

They were also informed that they should be patient for everything has its own time and for instance they have to study first and achieve their goals other than engaging in unhealthy relationship which result to teenage pregnancies which lead to school drop outs which make them to live miserable lives.

Causes of teenage pregnancies

Peer pressure

Unprotected sex

Under teenage pregnancy and its effects were discussed

3 Drugs and substance abuse

The participants were taught on various types of harmful drugs, they were able to mention some of the drug's use and how they are used and the most categories that are affected. The drugs that were mentioned are; Bhang, Alcohol and miraa the participants said that the most people who are more affected are the youths.

Effects of drugs.

The participants were able to mention some of the effects of drug abuse such as;

Poverty

Family separation

Diseases such as blood pressure and attacks

Addiction and depression.

4 Menstrual hygiene.

The girls were taught that menstrual hygiene is the ability to access items such as sanitary towels, water and soap in order to make the girls comfortable during monthly periods. The girls were advised that they should keep themselves clean through bathing, change their sanitary towels after every 4-6 hours, dispose their

sanitary towels well after used and avoid using their private parts using soap instead wash with clean water only

RECOMMENDATIONS

1 More workshops need to be done in Merilee village.

CONCLUSION

The meeting ended successfully with a word of prayer



Boys and Girls during training in Merile



Boys and Girls in Merile listening to lecture during training



One of the facilitator speaking during training

Youths from Laisamis during the 16 days of activism against gender based violence



The youths were given a football and a pair of track suit which will help them during friendly matches among themselves. This will help bring them together and avoid idleness which makes them involve in drug and substance use affecting their education.

VIVA GIRL TRAINING HELD ON DATE 11 AND 14, JANUARY, 2023

There were 77 participants, 43 from Melelo and 34 from Paran Centre

Purpose

The aim of the meeting was to empower the girls and train them on hygiene and body cleanliness, Education, sexual reproductive health, early marriages and drug and substance abuse.

Topics Taught

On **hygiene** we taught the girls on how to keep themselves clean and avoid dirtiness and take shower every day. We encourage them to wash their hands after going to latrines and wash raw food before they eat to avoid worms which can be caused by eating dirty food and drinking dirty water which lead to typhoid and many other diseases which causes poor health in their bodies.



One of the meeting participants giving her views at Melelo session at Melelo

Training

We also taught the girls on importance of education and how they can improve with the education by making time table which help them during revision time and even when they are in long holidays to have personal time table and do more revision because they are the once who make their future to be good and charge their families and community. We encourage them on how to overcome peer pressure which lead most of them to drop out of school and bring early teenage pregnancy and early marriages due to lack of self-determination.

The girls were taught on how they should take care of their reproductive parts since they are sensitive especially during their monthly period and how to maintain cleanliness and avoid infections and other harmful diseases. The facilitator taught girls on drug abuse and we group them for discussion and they come out with types; cocaine, heroin, bhang and they give out some of effects of drug abuse; that is, it leads to liver cancer which put risk and may cause death, mental confusion where many young youths are affected. They were taught on some of the factors such as peer pressure, early exposure to drugs, stress and parental guidance due to peer pressure, we encourage them to avoid bad company and to be self-driven in everything they do and to be the good example in the coming generation.



The girls sharing ideas during discussion at Paran Center

Girls come with some of the challenges they faced; lack of parental support, lack of school fees which make some of them to drop out of school, access sanitary towel, poverty which led to early marriages due to lack of basic needs.



The girls are excited to receive care package at Paran Women Center

Recommendations

1. The girls requested for exchange visit so as to learn from other girls
2. More trainings during holydays to ensure we are learning a lot to improve our lives

3. The girls are requesting for more sanitary towels.

Conclusion

The meeting was successful and the girls were very happy and willing to learn more

VIVA GIRL TRAINING REPORT HELD AT NAROK SOUTH SUB COUNTY ON AUGUST 2023

Attendance

A total of 141 Girls attended the trainings.

The meeting was done at Olokuseroi, Melelo and in Eor -ewuaso we reached 141 girls. The purpose of the meeting was to educate and encourage the girls on hygiene and sanitation, nutrition, sexual and Reproductive health, Peer pressure, Education and importance of environment.

we managed to have clinical officer who educated the girls and encouraged them on hygiene and sanitation, types of hygiene and importance of hygiene. On hygiene, girls were taught on how they should maintain health and prevent diseases infection through cleanliness. they were taught on types of hygiene I.e. personal hygiene,

domestic hygiene, health hygiene and environmental hygiene they were educated to wash their hands frequent, bathing with soap every day to improve cleanliness. girls were trained on how other diseases can be prevented through proper hygiene such as covering cough and sneezes, washing hands, washing fruits before eating and boiling milk properly before drinking which will help to stop the spread of germs and diseases.

On nutrition girls were taught on how they should obtain food for health and growth for their bodies, because our body require nutrients which is balance diet which contribute to good health and also drinking of water which help regulation of our body temperature.

Girls were trained on sexual and reproductive health, types and dangers of sexual transmitted disease which are infections one can get from another person through sexual contact. girls were grouped together to discuss on the types and they come out with the following disease types; gonorrhea, genital herpes, acquired immune deficiency syndrome and syphilis they were also taught on dangers where they can cause long term health problems in women, can contribute to cervical cancer and can lead to death. Girls were encouraged on the proper ways of good health and to abstain from sex until marriage.

On peer pressure, girls were trained on types of peer pressure which included, positive peer pressure which girls can change for better and have confidence for themselves, negative peer pressure which many girls get harming themselves and their friends, direct peer pressure this is where girls seek direct changes. Many of the girls get themselves in peer relationship problems which occur mostly in schools when the girls have trouble of cooperating with others and trouble in making good friends. They were also taught on poor relationship problem which can lead to friendship with peer who make poor choices which can decrease self-confidence and lead to depression and anxiety, girls were trained to have good friends who can advise them and study together to achieve their goals.

On education girls were trained on importance of education and how they should succeed in future how education help individuals in life to meet basic job qualifications in life and also to have better future. They were also taught on the need to have their own timetable while in school this will help them have time for their revision because education is the key to success girls were trained on importance of preparing time tables which them in school and also during long holiday in revision and also during exams.

Girls were able to share on some of challenges they are facing; lack of parental guidance which make them to engage in relationship when they are still young and this may lead to drop out of school, due to peer pressure many girls found themselves

with bad company which leads to, low self-esteem, lack of confidence, feeling isolated from peer and it can also lead to poor academic performance in school.

Recommendation;

Girls were happy and ready to learn and they requested for more trainings during every long holiday, exchange visit to meet different girls and learn from each other.

