**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 they are understanding the challenges they are going through and how to overcome them for them to better their lifestyles 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 a 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.

**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 as 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 visits 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 trainings for them to learn more.