

Get Ready Girls Report Cycle VIII / 2012-2013

Quotations from Get Ready Girls

"I used to imagine myself earning an income with my knowledge rather than manual labour, but that imagination disappeared after I quit from the state school at grade eleven when my parents could not support my studies anymore. I have to earn some money and take care of my youngest sister when my mother goes outside for work. Now, I am very happy when Riverkids selected me to attend the Get Ready for Girls project. My hope comes back again when I have chance to study in Riverkids. I will try my best until I get success in my life."

- 20-year-old PS

"I quit my studies in grade 8 at the state school because my parents could not support me anymore. My dream is to work for a company. I am very happy when Riverkids selected me to study in the Get Ready for Girls project. I have the chance to study again. I will study hard until I reach my goal. I would like to say thanks so much to Riverkids and the donors who recruited me. I wish them all the best!"

- 20-year-old PM

Executive Summary

Riverkids started the Get Ready Girls (GRG) program on November 01, 2007. Teenage girls from extremely low income families in the slums are very vulnerable to abuse and sex trafficking. The six-month program aims to lower this risk by increasing their literacy through education and equipping them with useful life skills through moral education and vocational training.

Riverkids select girls who are at high risk of abuse, example those who have quit school, ex-sex workers, drug users, karaoke workers and gamblers. The curriculum includes Khmer Literacy, Mathematics, Life skills, Basic English, Community Learning, Choir, Break-dancing and Yoga at Riverkids. We provide them with breakfast, snacks and lunch. Each class is kept small with just 12 to 15 girls so they can encourage one another to succeed. Their families receive aid to replace the teenagers' lost income from working on the streets at night so the teenage girls can concentrate on class instead of being pressured to drop out.

For some girls, it's only a few months and they will be full of confidence and ready to return to school. Other girls need intensive counseling and training before they dare to imagine a different future than being sold.

Once they graduate, they will either be reintegrated into the state schools or taking up apprenticeships in safe jobs. This increases their chance to become better income earners in the future and their capacity to support their families.

So far, we have enrolled girls from Psar Touch, Sammerky, Toul Sangke, Deum Kvet, and Railway areas of Phnom Penh. 97 girls have graduated from seven batches.

With our sponsor's funding of \$31,000 received on April 11, 2012, we're able to help the teenage girls at Kilomet-Six.

Students list

On May 2, Riverkids started recruiting students for batch VIII.

No	Initials	Gender	Age	Community
1	SS	F	15	Kilomet 6
2	PD	F	13	Kilomet 6
3	PSL	F	15	Kilomet 6
4	PS	F	20	Kilomet 6
5	BM	F	16	Kilomet 6
6	SL	F	13	Kilomet 6
7	TS	F	14	Kilomet 6
8	MS	F	17	Kilomet 6
9	TT	F	15	Kilomet 6
10	CR	F	14	Deom Khvet Village
11	CC	F	17	Deom Khvet Village

*Names have been changed to initials due to our child protection policy.

GRG Training Policy

Before the student reintegrates into the state school, Riverkids supports her vocational training with our NGO partners or private shop, in seeking a job. We make sure they are mentally and socially ready to work or study through six months of education and training at Riverkids.

They study six hours a day (8-11AM and 2-5PM) Mondays to Fridays. Each area of learning is focused in the following manner:

- A. Khmer Literacy & Math 50%
- B. Life skills 30%
- C. English 15%
- D. Community Learning 5%

A. Khmer Literacy and Mathematics:



Ms. Men Cheasothy is hired as a part-time teacher from the state school and she is responsible for teaching our GRGs Khmer Literacy and Mathematic. She taught at Peace Primary School from 1994-1998 and Toul Sangke Primary School from 1998-2012. As our GRGs dropped out at different grades at the state schools, we have to assess their competency level and categorise them into different groups so that they can learn effectively at the same pace. Currently, group one has one student who is taught at grade one level, grade two has five students taught at grade two level and group three is taught at grade four level.

Khmer literacy Textbook:
 Grade 1 completes with 13 lessons.
 Grade 2 completes with 7 lessons.
 Grade 4 completes with 8 lessons.

Mathematics Textbook:
 Grade 1 completes with 9 lessons.
 Grade 2 completes with 9 lessons.
 Grade 4 completes with 12 lessons.

B. Life Skills

Mr. Sok Sambor, Assistant of Get Ready Training Program is in charge of delivering the life skills lessons. Two books specially developed by Singaporeans, Sambor and foreign volunteers are used. The lessons are appended below:-

Chapter/Lesson	Page
Chapter I: Actions That Should Be Avoided	
Lesson 1: Problems Associated with the Abuse of Dangerous Substances	4
Lesson 2: Disadvantages of joining a gang	7
Lesson 3: The Dangers Associated With Gambling	9
Lesson 4: The Disadvantages of Marrying Too Young	11
Lesson 5: The Consequences of Lazy Behavior	13
Chapter II: Living with Peace	
Lesson 1: The Importance of living in Peace	14
Chapter III: My Future Life	
Lesson 1: Choosing a career and setting goals to achieve it	16
Lesson 2: Change My Habit, Change My Life	18
Chapter IV: My Health	
Lesson 1: The Importance of Hygiene in Preventing Sickness:	22
Lesson 2: Protect Myself From STIs and HIV	25
Chapter V: I Respect to My Duty	
Lesson 1: Fatherhood (Get Ready for Boys Only)	30
Lesson 2: Motherhood	32
Lesson 3: Childhood	33
Lesson 4: Brotherhood (Get Ready for Boys Only)	35
Lesson 5: Sisterhood	36
Lesson 6: Husband-hood (Get Ready for Boys Only)	37
Lesson 7: Wifehood	39
Lesson 8: The Good Student	41
VI. Who Am I and What Can I Do?	
Lesson 1: Know yourself	43
Lesson 2: Start It Now and Do It Now	45
Lesson 3: What is Success, Really	47

C. English

Local volunteers responsible for teaching English to our girls. We use “**Up and Away**” Level I as the main text book to teach our girls basic conversation.

D. Community Learning

Every Friday, our girls will go to Riverkids’ branches for community service. This includes washing, cleaning the yard, tidying up the books, etc. There will be a total of 18 community learning activities.

Field Trips and Orientation

Riverkids partners with [Chrysalis](#) on this program to organize field trips. The girls learn, share and socially integrate through games and excursions to the water theme parks and zoo etc. These activities promote discipline, self-esteem and confidence. There will be a total of three field trips, each in June, August and October. There will ten sessions on Personal Development conducted by Chrysalis.

Other Extra-curriculum Activities

Riverkids focuses not just on the academic aspects of our program. Fun activities that promote co-operation are introduced to help students overcome shyness and integrate well with one another.

Choir sessions: Our GRGs join children who gather every Wednesday evening to sing Khmer and English songs led by the choir teacher and keyboardist. **Yoga classes:** Conducted every Thursday evening, youths learn to resolve conflicts peacefully and manage stress calmly, so they do not resort to fighting.

Parents Meeting

Riverkids’ social workers and education staff meet the parents twice in six months to update them on the progress of their children and to motivate them to encourage their children. We strongly believe that success comes by working not just with the students, but the parents.

Critical Support

During training, Riverkids provides food and financial support for the girls and their families because the girls have lost the opportunity that they used to have when they work in unsafe jobs such as at bars and night clubs. A GR girl will get daily breakfast, snacks and a lunch box plus weekly income replacement. Each family receives Direct Cash Aid every month through the grading system we have developed which categorizes the risk level of the families (A being the least at-risk, B, C, and D being the highest risk). Riverkids also provides materials for study.

Photographs



Ms. Men's conducts Khmer lesson for the Get Ready Girls at our central office



Our Staff talks to both parents and the Get Ready Girls on how we can work together to encourage the students.