

# Girl Power Clubs

## Interim Report: July To December 2009

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### ORGANISATION

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### Goals of the Project:

Establish Girl Power Clubs as agents of positive change through sport, addressing the following:

- Action against violence
- Exploring personal abilities
- Developing healthy lifestyles
- Building self-esteem
- Creating Role Models
- Taking leadership roles in the community

## Recruitment

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We approached 67 schools within different parts of the city, and kept it open, boarding schools, day schools, girls' schools, mixed schools. The main focus was the secondary schools, where we hoped to cut across the economic divide and ensure that we had non-formal schools, public provincial schools, public national schools and private schools involved. Emphasis was also placed on reaching the most vulnerable groups.

*Table 1. Schools recruited to Girl Power Clubs, Type, Location and Sports Preferred*

SCHOOL	TYPE	AREA	PREFERRED SPORT
<b>A. SECONDARY GIRLS:</b>			
Buruburu Girls	Girls Boarding	Eastlands	Basketball
Parklands Arya	Mixed Day	Parklands	Basketball
Malezi School	Mixed Day and Boarding	Langata	Basketball, Tennis, Soccer
Langata High	Mixed Day	Langata	Basketball, Netball, Soccer
Kenya High School	Girls Boarding	Lavington	Basketball, Tennis, Netball
Karen C Secondary	Mixed Day	Karen	Basketball, Netball, Soccer
Huruma Girls	Girls Boarding & Day	Eastlands	Basketball, Netball, Soccer
Nazarene High School	Mixed Day	Kibera	Volleyball, Soccer
Maono Educational Centre	Mixed Day	Kibera	Volleyball, Soccer
Holy Unity	Mixed Day	Kibera	Volleyball, Soccer

Safe Spaces	Guest Participants	Eastlands	Basketball
Hillcrest Secondary	Mixed Day and Boarding	Karen	Basketball, Tennis, Netball
Ujamaa Based Community School	Mixed Day	Kibera	Netball, Soccer
Imani Jere Children Centre	Boarding mixed	Kibera	Netball, Soccer
Nazareen Primary School	Mixed Day	Kibera	Netball, Soccer
Zelyn Academy	Mixed Day	Kibera	Netball, Soccer
Ayany Primary School	Mixed Day	Kibera	Netball, Soccer
Mashimoni Squatters	Mixed Day	Kibera	Netball, Soccer
Chamrecc	Mixed Day	Kibera	Netball, Soccer
St. Michael Holy Unity Academy	Mixed Day	Kibera	Netball, Soccer
Malezi School	Mixed Day	Langata	Basketball, Tennis, Soccer

## Sporting activities

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- The schools selected their preferred sports. This was often made according to what facilities already existed and, in some schools, which sport was already predominant in the school, and could be expanded to include girls (if a mixed school) or could help promote the top sports girls to also train as leaders within the school community.
- Initial sports equipment was issued out to the primary schools, and a few secondary schools. However, it was agreed that the Girl Power Clubs needed time to be accepted by the respective schools and therefore time was granted until January for full establishment and issuance of more sporting equipment, as well as establishment of teaching support.

## Life Skill Workshops

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Life skills were performed in the following ways:

1. Girl Talk during the tournaments: this is when girls express their own thoughts (whether right or wrong)
2. Girl Power Workshops carried out during the sporting events which involved actual learning activities, often carried out by our lady coaches and counsellors at Sadili Oval.
3. Girl Power Clubs: girls seek time in school to sit and discuss issues. This is not a regularised system yet, as this period is set for schools to learn and understand the process. Our Girl Power officers went out to schools and took time to chat with the girls and their teachers, then they selected topics which they would prepare for presentation at the launch of the Girl Power Clubs set for November.

To view samples of the sessions that were carried out for the Life Skills, please go to: [www.youtube.com/lizodera](http://www.youtube.com/lizodera)

The following Girl Power Clubs tackled the following topics:

- Hillcrest Secondary: Dating, how it affects girls
- Buruburu: Lesbianism

- State House Girls: Gossip, its effects
- Malezi School: National School Games, how its affects girls
- Huruma Girls: Alcohol
- Parklands Arya: Alcohol
- Langata High School: Rape
- Post-election violence: Holy Unity and Maoni Secondary
- The mobile phone: Malezi School
- Bullying: Buruburu Girls
- Lesbianism: Buruburu Girls

Topics selected came through the Girl Talk sessions that took place during the tournaments, and will form an integral part of the manual's first draft.

## Challenges and Comparative Achievements

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### Positive Changes seen so far:

1. The feeding program has had positive results: amongst 300 girls, mainly from Kibera, and from the information we received from the teachers in schools, the number of absenteeism has reduced as a result of illness, and general lassitude has reduced by 26% (conditions of living have remained the same, however, and this confirms that the regular diet that they receive through our feeding kitchen helps improve their health. We are currently taking anthropometric measurements for future reference, as it is too early in the program to make other definitive answers.
2. The participation of girls in the Girl Talk session has improved tremendously: more girls are willing to lead small groups during meetings from a handful of 4 out of 50 girls per group, to about 25.
3. Parents trust where their girls are going and now send them to regular training, usually with the little girls (or boys) that they would otherwise care for at home. Parents have also stated that the schools encourage them to bring the girls to Sadili for security reasons (they are in a safe environment where they can be cared for during the day when the parent is away).
4. The girls' attendance at Saturday training sessions in all sports increased: from 37 to 89 between July and October 2009. This is very positive, considering that girls often missed Saturday morning sessions because they had to do chores at home. Now they organise their time around the training, and look forward to the meals after, bringing in their sisters to the programme too (if they are from Kibera).
5. Apart from Kenya High School, the other schools did not have a regular club that empowered girls. The entry of a club that will give girls a chance to address their issues, was very well received by the girls and their teachers alike.
6. Members of the Girl Power Clubs, attended top tournaments this year, and not only performed well, but also exhibited improved self-discipline. This included Malezi School girls, who played and won the nationals in tennis, and the Langata High Girls who went for the nationals in soccer and basketball and Buruburu Girls in basketball. In tennis, 11 girls from various schools went to Florida to attend a training camp and played two tournaments, winning most of the awards from the

quarterfinals to winner in their respective age groups. They were accompanied by Dr. Liz Odera as coach/chaperon.

7. Sakina Nshimirimana will receive a tennis scholarship through Women Win to try out for professional series in 2010, following her great performance in tennis. This will serve to encourage more girls to take up the gauntlet and work hard in their respective sport, irrespective of the circumstances.
8. In July, we received a donation from NIKE for soccer kitting for the teams from underprivileged communities of Kibera. This will certainly assist some of our soccer team girls get more confident in their game and build self esteem.

### Challenges with sport

- Many teachers find it takes too much of their time and prefer to rush home after school
- Schools have timetables, but rarely actually push sports, especially in the mixed schools
- Girls often have to wait for the boys to complete their training before they do theirs, this has led to many giving up as they need to go home to carry out chores
- Not enough trained female sports teachers. In some non-formal schools, there are no female teachers, and both sports and clubs are handled by male teachers. We will need to seek to train (with assistance from Women Win and others) more female coaches in soccer, basketball, netball and tennis. It would be best if it was done by qualified female professionals.
- Many girls still do not understand that sport can actually become a lifetime career and many do not have role models. Working with Women Win to seek top women stars to visit Kenya would be of great benefit to the girls (as was witnessed when Serena Williams came to Kenya and visited Sadili in 2008).
- Most head teachers were very pleased and willing to have Girl Power in their schools. However, on interviewing the staff, many were unwilling to take initiative to be patrons, and did not see the immediate benefit to them. We found that working one-on-one to persuade each school and select teacher separately worked, but it is obvious that more needs to be done to motivate the teachers who are patrons.
- The involvement of professional ladies in their respective field right from the beginning of the program is very positive, and their willingness to spend time with us (at reduced costs, and sometimes free) will certainly help build the programme and provide much needed technical support. Challenges with

### Challenges With Life Skills

- Teachers who are trained in guidance and counselling and who can be patrons of the clubs exist in many of the secondary schools. They just need to be encouraged to begin to use their skills more through the clubs.
- The teachers in the non-formal schools, however, often lack the knowledge themselves, and need to attend regular training on capacity building, in order to better support the Girl Power Clubs.
- A few schools which have great potential to grow, and obviously have girls with great leadership abilities (e.g Kenya High School and Malezi School), teachers are

unwilling to let the girls take over completely. Ways must be sought to encourage them to let go.

- Parents have not yet been brought into the picture, as the schools already network directly with them. Where we have had enquiries, possible problems, we have invited them to attend our regular sessions.
- Communications, has been a big bone of contention. We have had to use many different ways to communicate with the teachers and the girls in order to get things going. Letters alone, physically dropped at the schools do not get any quick reaction, and our officers are often pushed to follow up constantly by email, phone, and physical checks in order to get the girls' permissions and to get participation organised. It is hoped that as the program becomes a part of the school curriculum more and more, it will be less necessary and cheaper to keep everybody prepared.
- Male teachers, however professional, need to step aside and give female teachers a chance to work with the girls, especially as patrons. We have had to remove some male teachers from our meetings, as they come with the girls and insist on participating in the process.

## Tournaments run and their results

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- **The Girl Power Netball Tournament July 2009:** curtains closed with a Girls under 16 match that was filled with pomp, colour and glamour. The closely contested final that pitted Mashimoni Squatters Primary School and St. Michael's Holy Unity Primary School was watched by many and the skills displayed by the players were superb. The other under 12 final was another spectacular match that saw Ayany compete with Mashimoni Squatters for netball supremacy. The tournament that was graced by schools from Kibera has recorded massive success since its inception and we hope that come October, sponsors and well wishers would come on board to assist us make it a quality tournament.

### SEMI FINAL RESULTS

UNDER 12: ST. LAZARUS V/S AYANY 0-5; NAZARENE V/S MASHIMONI 4-8

UNDER 16: MAKINA SELF HELP V/S HOLY UNITY 4-11; MASHIMONI V/S AYANY 7-6

### FINALS

#### UNDER 12

AYANY V/S MASHIMONI 7-1 (AYANY ARE UNDER 12 CHAMPIONS!)

#### UNDER 16

HOLY UNITY V/S MASHIMONI 13-13 NORMAL TIME (4-1)- EXTRA TIME  
(HOLY UNITY ARE UNDER 12 CHAMPIONS!)

- **Girl Power Junior Soccer League Play (June-July 2009)**

### GIRLS UNDER 10 LEAGUE RESULTS

SPURGEONS V/S NEW ADVENTURE 0-1

SPURGEONS V/S HOLY UNITY 1-2

MAKINA SELF HELP V/S CHAMRECC 7-6

### UNDER 12 GIRLS RESULTS

HOLY UNITY V/S ST. CHRISTINES 2-3

### UNDER 14 GIRLS RESULTS

SPORTS FOR LIFE V/S HOLY UNITY 1-2

SPURGEONS V/S MAKINA SELF HELP 0-1

CHAMRECC V/S ST. CHRISTINES 1-0

NEW ADVENTURE V/S CALVARY 2-1

### UNDER 16 GIRLS RESULTS

SPORTS FOR LIFE V/S SPURGEONS 1-0

NEW ADVENTURE V/S CHAMRECC 0-1

### ➤ In-house Academy Soccer - 10<sup>th</sup> October 2009

The Sadili sponsored in house seven aside tournament came into effervescence yesterday after a two-month break that involved re-strategizing of the Sadili Soccer Academy and the revising of the individual registration process. The tournament played at the backyard of Sadili Soccer Academy was filled with a lot of athleticism and enjoyment as the subsidiary teams together with some invited guest teams like Kibera Girls Soccer Academy and Masai Villa Primary School engaged in life-skills exchange. The teams under the Sadili Soccer Academy are the same as those registered for the Girl Power Programme, some just changing their names for effect and excitement.

The main aim of the tournament was to bring exposure to the respective Sadili Soccer Academy teams. The main aim is not competition. It is observed that soccer players are bound to improve their soccer skills as they play even more inter-team matches. During the one day tournament the girls and boys teams received tutorials and advice from soccer coaches, Grace Akinyi, Kennedy Kariuki and Joseph Odhiambo. It was a good day full of renewed energy and improved skill activity. The action on the soccer pitch was also very impressive with more than soccer to watch. Experience's Antony Wanjiru was the player to watch as his dribbling skills and goal shooting efforts were accurate and to the point. Although Girls' Soccer Academy were the considered favourites, they did not match the continuous attacks from one Sports for Life Girls Player- Silvia Sayo (Sadili Oval) who always saw the goalmouth with utter confidence and sheer ferocity. Rehema Akinyi closely worked with the girls on the life skills discussions, while Francis Isiaho worked with the boys.

#### Results:

UNDER14 GIRLS' RESULTS  
 CHAMRECC V/S SUNDERLAND 0-0  
 SPORTS FOR LIFE V/S GIRLS SOCCER 0-0  
 SUNDERLAND V/S GIRLS' SOCCER 0-1  
 VILLA V/S SPORTS FOR LIFE 0-2

#### FINAL RESULTS

GIRLS UNDER14  
 SPORTS FOR LIFE V/S SUNDERLAND 2-0

### ➤ Girl Power Netball Challenge: 17<sup>th</sup> October 2009

The netball challenge kicked off on a high note with more than 11 teams braving the rather unpredictable weather to come and play quality girls' netball. As the netball activities progressed, the girls learned about how to maintain hygiene, understanding their rights and sexuality, under Rehema Akinyi and Dr. Liz Odera. Many girls seized the chance to talk about their needs and sought guidance. Favourites for the netball competition, Mashimoni Squatters, found themselves on the receiving end, falling short of glory on both categories, proving that standards have indeed improved.

#### Results:

##### Under 15

Netball Under 15	Holy Unity	Zelyn	Nazarene	Ujamaa
Holy Unity		0 to 8	13 to 5	1 to 5
Zelyn	8 to 0		21 to 5	3 to 0
Nazarene	5 to 13	5 to 21		0 to 12
Ujamaa	5 to 1	0 to 3	12 to 0	
	6 points	0 points	6 points	3 points
	18 scored	5 scored	46 scored	4 scored
	14 conceded	32 conceded	10 conceded	17 conceded

Netball Under 15	Mashimoni sq.	Ayany Primary	Imani Jere	Chamrecc
Mashimoni squatters		1 to 3	8 to 12	1 to 1
Ayany Primary	3 to 1		7 to 5	3 to 14
Imani Jere	12 to 8	5 to 7		4 to 15
Chamrecc	1 to 1	14 to 3	15 to 4	

	7 points	3 points	6 points	1 point
	16 scored	20 scored	30 scored	8 scored
	10 conceded	3 conceded	19 conceded	30 conceded

#### UNDER 15 SEMI-FINALS

Mashimoni vs. Holy Unity 10 – 11

Nazarene vs. Imani Jere 11-10

#### UNDER 15 FINALS

Holy Unity vs. Nazarene 11-10

Best player Under 15: Elizabeth Ochieng, Ayany Primary School

Netball Under 18	Holy Unity	Imani Jere	Nazarene	Mashimoni	Chamrecc
Holy Unity		5 to 8	9 to 8	5 to 8	7 to 8
Imani Jere	8 to 5		8 to 2	8 to 8	3 to 5
Nazarene	8 to 9	2 to 8		7 to 4	0 to 8
Mashimoni	8 to 5	8 to 8	4 to 7		0 to 7
Chamrecc	8 to 7	5 to 3	8 to 0	7 to 0	
	9 points	4 points	9 points	7 points	0 points
	32 scored	20 scored	29 scored	27 scored	10 scored
	26 conceded	27 conceded	17 conceded	20 conceded	28 conceded

Winners: Holy Unity

Runners up: Nazarene

Best player Under 18: Jackline Auma

### ➤ Girl Power Basketball Challenge: 20 October 2009

#### Participating Schools:

Buruburu Girls A and B teams

Parklands Arya A and B teams

Malezi School

Langata High A and B

#### Results:

Buruburu B vs Parklands Arya 10 to 14; Malezi vs. Buruburu B 2 to 13; Parklands Arya A vs Malezi 23 to 5; Buruburu A vs. Parklands Arya 7 to 21, Buruburu A vs. Langata High 42 to 18, Parklands Arya A vs. Buruburu B 18 to 46, Malezi vs. Buruburu B to 2 to 13.

#### Awards:

##### Under 15:

Best Defensive Player – Ivy Namulindwa (Buruburu)

Top Scorer – Valentine Eudia (Parklands Arya)

Most Valuable Player – Emily Nyatich (Parklands Arya)

##### Under 18:

Best Defensive Player – Mercy Nanyama (Langata High School)

Top Scorer – Georgia Adhiambo (Buruburu Girls)

Most Valuable Player Melisa Akinyi (Buruburu Girls)

#### Team Awards:

##### Under 15:

Winner: Parklands Arya

Runnerup: Buruburu Girls High School

##### Under 18:

Winner: Buruburu Girls

Runnerup: Parklands Arya

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