



Strong Girls. Safe Communities.  
**Annual Report 2017**



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# Boxgirls South Africa

## - Empowering Girls and communities

Boxgirls South Africa seeks to build safe communities by strengthening girls and young women through education, leadership development and violence prevention in disadvantaged communities.

We work to create a world in which women and girls lead dignified lives in secure communities, where they are valued as equals and have control over their sexuality and economic development. Boxgirls uses the passion and self-creation of sport in combination with educational support to create opportunities for individual and community transformation.

Since 2009 Boxgirls South Africa has been working with primary schools to bring self-defense training paired with life skills training and social educational support to girls who need it most. In 2009 we served a group of 15 girls in 2 primary schools. Today 19 primary schools in Khayelitsha are part of the Boxgirls community.



### BOXGIRLS PARTICIPANTS ON THEIR LIFE SITUATIONS



**53%** fear to get physically hurt in a crime



**93,3%** report not having enough money for food, clothes and other basic items



**26,7%** are living in a shack in an informal settlement

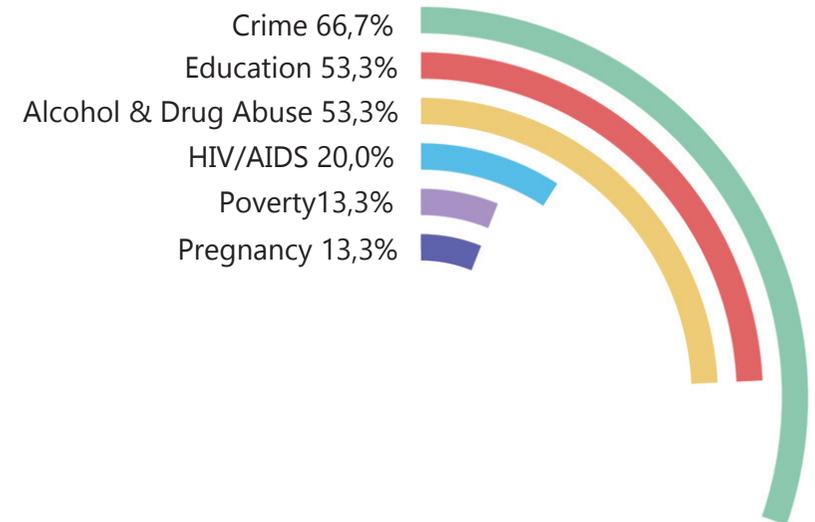
In Khayelitsha, over 70% of the population is living from a monthly household income of R3.200 or less. In connection with high poverty rates there are high rates of HIV and TB as well as crime, violence and substance abuse. One of the major problems in the community is the lack of socio-cultural and economic opportunities.

## Our Goals

- Increase girls' ability to defend themselves against gender based violence
- Increase girls' safety in schools
- Improve girls' academic performance and motivation
- Increase girls' social capital
- Sharing best-practice learnings with other NGOs, teachers and governments



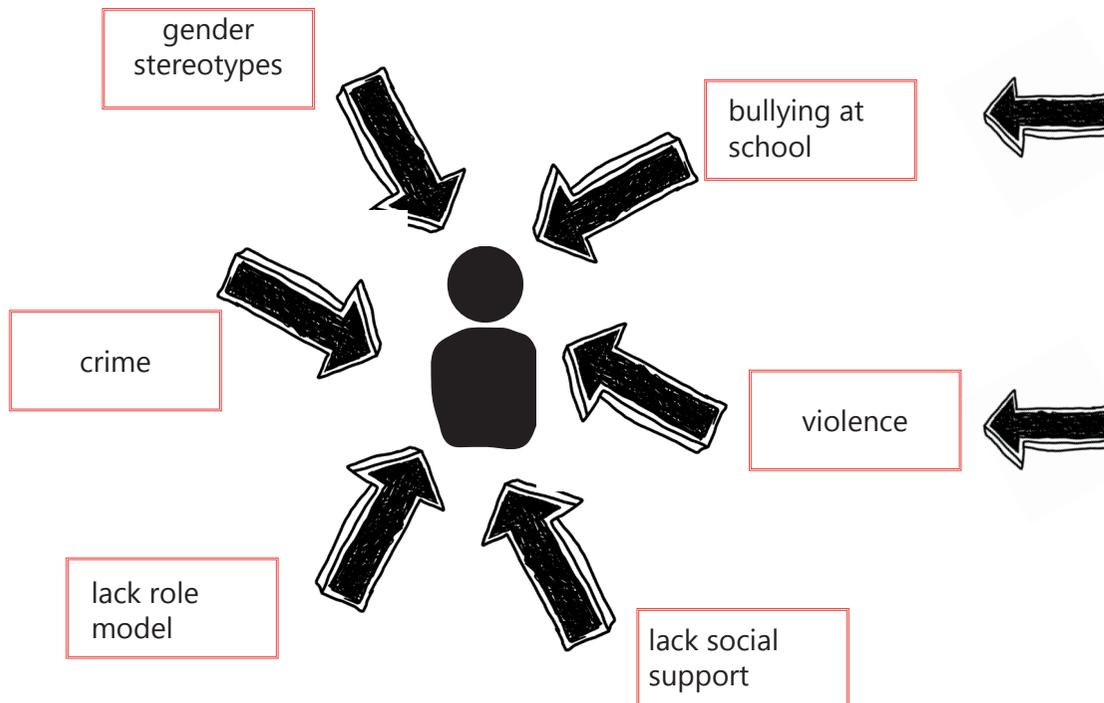
## WHAT GIRLS SEE AS CHALLENGES IN THEIR COMMUNITY



# Education, social development and violence prevention for strong girls and safe communities

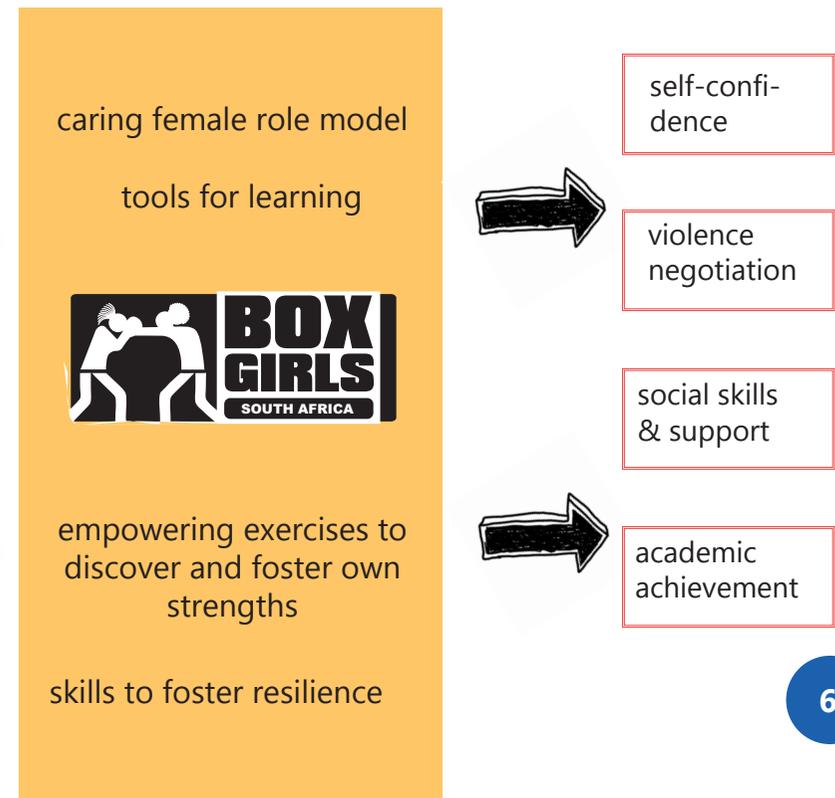
## The Challenge:

Girls in the communities in which we work are faced not only with serious everyday poverty and restricted access to education, but are forced to deal with gender-based violence on a daily basis. They are denied the personal, social and educational development they require to lead change in their communities and achieve sustainable development through which they can reach their full potential.



## Our Solution:

Boxgirls programmes create a safe space for girls, in which they can learn and develop. Young women from the local community serve as role models and confidants. We pair boxercises and sport games with life skill and educational training including personal safety, self-respect, goal setting and building social support networks.



# How we achieve our goals



### Boxgirls Afterschool Education

Boxgirls' Afterschool Clubs run for two semesters with a twice weekly program. Female peer-facilitators coach up to 30 grade 5 girls afterschool in our partnering primary schools in Khayelitsha. Our curriculum covers topics such as community safety mapping, where the girls identify safe and unsafe areas, de-escalation strategies facilitated by role plays as well as presentation training and womens' health. In addition to our weekday program we offer a Maths & Sports hub each Saturday, where Boxgirls groups from different schools come together to play sport games and learn Maths and English.



### Holiday Club

In 2017 we added the Boxgirls Holiday Club to our programmes, where the alumnae of our Afterschool Clubs and girls from the surrounding communities get the chance to deepen their knowledge on safety, self-defense, social skills, and self-awareness.



### Advocacy & Best-practice

Boxgirls South Africa is collaborating with Sport for Development projects and other child and youth focused organisations worldwide. We regularly advocate for Boxgirls vision on national and international events. By increasing our reach from the individual girl to her peer-group to their schools, to the wider community and CSOs serving as multipliers of our aims we seek to impact several layers of society to promote social change.

# Achievements 2017



**560**

Participating Girls in 2017



**4.915**

People impacted indirectly



Published in **4** newspapers  
and **2** videos

Since 2015 we **impacted 1.575 girls** in Khayelitsha with Boxgirls' Girls Afterschool Leadership Education program. Additionally to our Afterschool Clubs we developed a new holiday offer to our beneficiaries. We recognized holidays as specific time of risk as the girls are often without supervision being in the streets. Our Holiday Club caters for the most vulnerable girls during this time and was a great success, as it had high acceptance from the community, the girls as well as their parents.

The final results of the external evaluation of the Boxgirls Afterschool Club programme have been published and show: increased social capital, violence awareness, negotiation skills, school performance and a high acceptance of the program among girls and the school community backed up with a significant change in single items referring to social skills with peers, working habits and writing skills, and a suggestively significant change in girls standing up for themselves in situations with power imbalances. The girls who had been part of the project were 12x more likely than the control group to say they knew what to do in a violent situation.

We broadened our local and international partner network for joint action in developing best-practices in the field of sport for development.

# National Advocacy & Strong Networks

Boxgirls South Africa works to create a world in which women and girls lead dignified lives in safe communities, where they are valued as equals and have control over their sexuality and economic development. Boxgirls uses the passion and self-creation of sport in combination with academic programs to drive individual and community transformation.

To accomplish this, we engage individual learners, teachers and principals, parents and community members, as well as government agencies and non-profits in our efforts to empower and protect young women and girls.

This year the participating girls with their coaches transferred their leadership skills into practice hosting **8 community events in Khayelitsha**, where the girls presented their views on school safety and women's rights to actors in the community, teachers and parents.

We have been invited to the "School Sport Summit", the "Western Cape Symposium on After School Programming in no and low fee schools" as well as the Community of Practice conferences for the members of the Afterschool Game Changer Network. This opened opportunities to connect and exchange best-practices with afterschool programmes, government agencies, schools and non-governmental organisations in the field of youth development.



# Global collaboration

To advocate for girls rights, share best-practices and further develop the strengths of our programs we increased again our international collaborations in 2017.

Student consultants from the Centre for Experiential Learning (CEL) from the Olin Business School at the Washington University St. Louis supported us in developing a marketing strategy taking the specifics of the US market into account. Volunteers of the international Student Athletes Abroad Program provided trainings to our team members and compiled ideas to increase the engagement on our social media channels following the recommendations of the CEL student consultants.



Prof. Dr. Heather Cameron, Executive Director and Founder of Boxgirls South Africa was invited to share our learnings on empowering young girls in Germany, Kenya and South Africa at the Women in Sport and Adventure festival in Sweden.

Boxgirls is one of eight international organizations which were joined by independent research experts and academic representatives working jointly on a set of pragmatic indicators and data collection tools to measure the collective impact of youth sport-for-development and peace interventions.

Together with Waves for Change, Grassroot Soccer, Skatistan, Drive for Life, UNICEF, Africa Yoga Project and Waves Project we have formed the 'Action Impact Network' to establish a collective approach to measuring the impact of programmes delivering mental and wellbeing solutions to at-risk youth, through participation in sport and embodiment activities worldwide.



# Boxgirls in the media

Boxgirls programmes provoke international interest by practitioners and media.

We use these opportunities to **advocate for girls' rights and against gender-based violence**. We are grateful to all who supported us to **amplify our voices for strong girls and safe communities** in 2017.

Mercedes Benz and Laureus Sport for Good Foundation invited 20 of our Boxgirls and their coaches to meet with the National Rugby team of South Africa, the Springboks. It was a great sport- interchange and an inspiration to our girls.



source: iol.co.za Ashfak Mohamed, 4.10.2017, "Springboks take a break to meet their fans", Photo:Phando Jikelo/ ANA Pictures



Produced by Cindy Archillies/ Reporter: Monique Mortlock

## The New York Times

*"[The Boxgirls South Africa experience] was the more enlightening and inspiring things I did in the country[...]. getting to know the organization and its mission was elucidating"*

Lucas Peterson, The New York Times, 08.11.2017



Cape Argus  
CAPE TIMES

# Our Boxgirls champions

## Meeting the Boxgirls South Africa team



Nwabisa Qalanto - Administration  
& MEL



Thembisa Ngamlana - Coach



Sisipho Mzamane - Coach

"We want to create a sisterhood and a safe space where the girls feel free to talk openly about issues facing them. We want girls to have a voice. We want these girls to believe in themselves. We need to educate them so that they do not find themselves making decisions that would jeopardise their future. We need to boost their confidence. Girls should never feel inferior or less important."

- Nwabisa Qalanto



When Ndivile was 11 years old she came to her first Boxgirls session in Khayelitsha. Boxgirls was a new offer to girls at Ndivile's primary school and she was curious what it was about. She wanted to learn boxing and prove that girls can do whatever they want to. Andiswa, former professional female boxer and co-founder of Boxgirls South Africa, was her coach that time and soon became one of her biggest role models. Ndivile did not only learn about boxing, how to stand up and protect yourself. She also learned to dream big and that she can achieve what she sets her mind to. She focused on her education and today Ndivile is one of the best in her class in high school. Whenever she got time besides her studies she is supporting Boxgirls as facilitator and teaching other girls what she learned inspiring them, being a sister to them and becoming their role model.

"Boxgirls teaches me to be a strong woman, to be healthy and to respect others." - Liliswe – 11 years



"I like Boxgirls because I can be myself. There is no one questioning you." - Anathi – 12 years



"I like to come to Boxgirls, because at Boxgirls we learn how to fight for our rights." - Siphosethu – 12 years



"I like to come to Boxgirls, because it is fun." - Zintle – 11 years



"I like that I learn about math and English. Boxgirls taught me how to check my math answers in my test." - Olwethu – 11 years

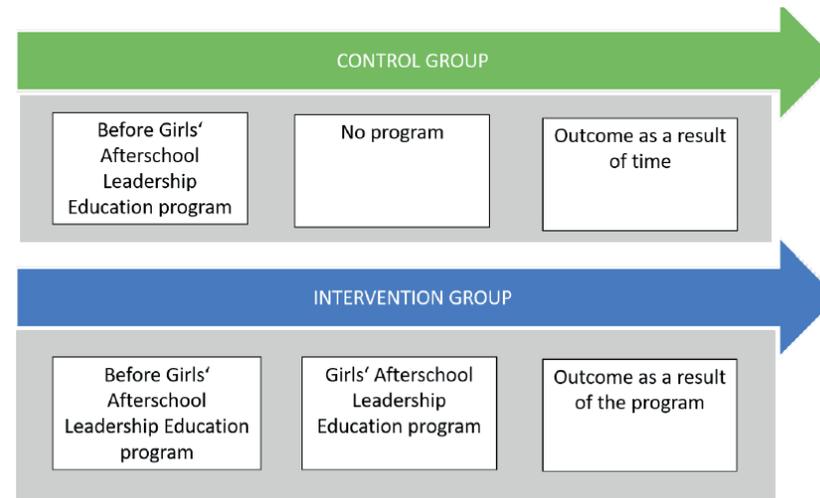


# Summary evaluation results 2015 to 2017

The evaluation of the girls afterschool leadership education programme gathered information from January 2016 to March 2017 on the project's impact on girls regarding their **self-esteem, social capital, violence negotiation skills, school performance and the program's overall feasibility.**

The study design follows a **randomized controlled trial approach**, randomly assigning girls to either control or intervention groups. Local research assistants gathered the data using both **quantitative and qualitative methods.**

Data was gathered in 16 intervention schools before the start of the program (pre-test), at the end of the program (post-test) and 3 months after the end of the program (post-post-test), to know if the impact made on the girls' development was persistent over time.



The conclusion of the evaluation report highlights **positive significant change in the girls' general and academic self-esteem, their violence negotiation skills, their confidence in standing up for themselves against authority and dealing with situations of violence, their academic performance and their awareness of local support networks.**

Further the evaluation results show a **high overall satisfaction with the program activities, the atmosphere, and the relationship with others at the program.** The relationship between the peer-facilitators and participants stands out as being of huge value, for participants, peer-facilitators as well as community members.

The majority of girls said their favorite part of the afterschool clubs was the educational benefit. They saw an improvement in their grades and mention greater academic performance with an emphasis on mathematics, English and behavior during class. They enjoyed the way the material was delivered with fun games and a positive atmosphere.



**Deutsche  
Sporthochschule Köln**  
German Sport University Cologne

### Increased strategies to keep safe

Violence awareness is the ability to understand and comprehend when violence is occurring in the community and/or family. Violence negotiation skill is the ability to act in a manner that is safe, efficient and comfortable to satisfy one's own well-being, or the well-being of another. Girls showed a highly significant ( $p < .01$ ) positive trend in being able to stand up for themselves after being in Boxgirls.

Girls participating in the Boxgirls programme developed more avoidance strategies for dangerous situations as well as greater knowledge of how to intervene in a situation where someone is being hurt than the control group. After participation in the program, more girls would talk to someone about their situation and ask for help. Being able to identify sources of help and being confident to approach helping points demonstrates increased violence negotiation skills, implies greater self-esteem and awareness of social networks.

### Higher performance in Math

The analysis of the report cards of the participants showed that girls in the intervention group increased their Mathematics grades more than the girls in the control group.



### Higher self-esteem

The results indicate a significantly positive change ( $P < .01$ ) in global and academic self-esteem amongst the intervention group compared to the control group. This change was sustainable, lasting far beyond participation in the program.

### Increased sources of support

In both groups, Boxgirls peer-leaders are said to be sought out by 95 to 98% of the girls when in need of help. This result indicates that by being available at school, facilitators are someone the girls feel they can talk to when seeking help – even if the girls themselves are not actively part of the Boxgirls' program.

Apart from the Boxgirls facilitator, girls were able to identify additional contacts, such as the police and ChildLine after participating in the program. Increase in awareness of local support networks and an increase in the girls' own social capital was shown.

# Our supporters

“Boxgirls SA does not only provide self defence training to young girls within the Khayelitsha community but also the necessary skills to see them succeed in life and become strong leaders within the community. The project is proof that Sport has the power to change the world”

Keuen Roberts,  
Head of Programmes, Laureus Sport for Good Foundation South Africa

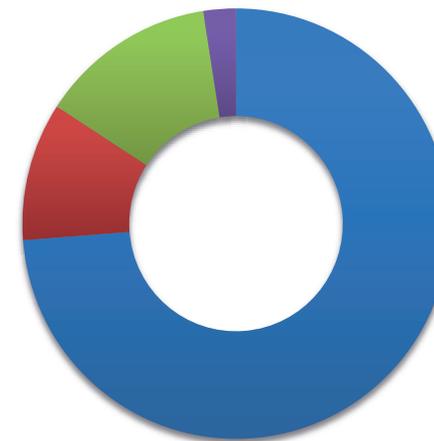


„Boxgirls was suggested to UBS Optimus Foundation for funding in late 2014. After a rigorous screening process, the programm was approved for funding to be replicated in Cape Twon (Khayelitsha). The organization mastered all milestones of the application process well, which took them through four levels of reviews. We were very happy to see how well-versed the organization is in measuring their own achievements and success through impact evaluation. We were also very pleased to witness the approach the organization takes to improve the program based on learnings from these evaluations. Boxgirls has demonstrated in-depth knowledge about gender-based violence and was familiar with the state-of-the art research and data available to the topic.”

Dr. Patricia Lannen,  
UBS Optimus Foundation

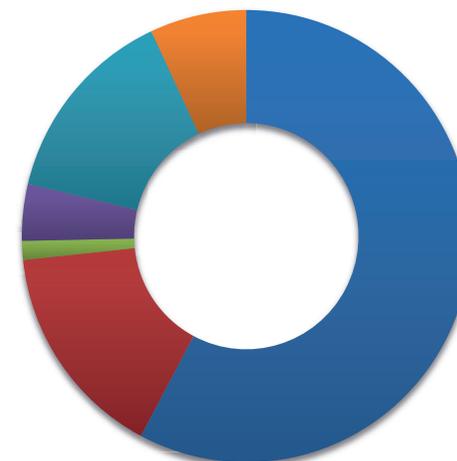


Income 2017



- UBS Optimus Foundation (75%)
- 24 Good Deeds e.V. (11%)
- Laureus Sports for Good Foundation South Africa (14%)
- Online donations (2%)

Expenses 2017



- Salaries (65%)
- Evaluation (18%)
- Community outreach & Holiday Club (2%)
- Learners snacks & Teaching material (5%)
- Training for staff (16%)
- Rent & Organisational development (8%)

# Network of partners

Our project can rely on a strong bond with international and local partners and continues to attach new partners to the network, which open new scaling opportunities. We are thankful for the inspiring collaborations and discussions with all our partners in 2017:



Thank you to our donors and supporters for making it possible to 560 girls to learn and develop together. Due to your commitment, we can work towards a social change together for Strong Girls and Safe Communities.

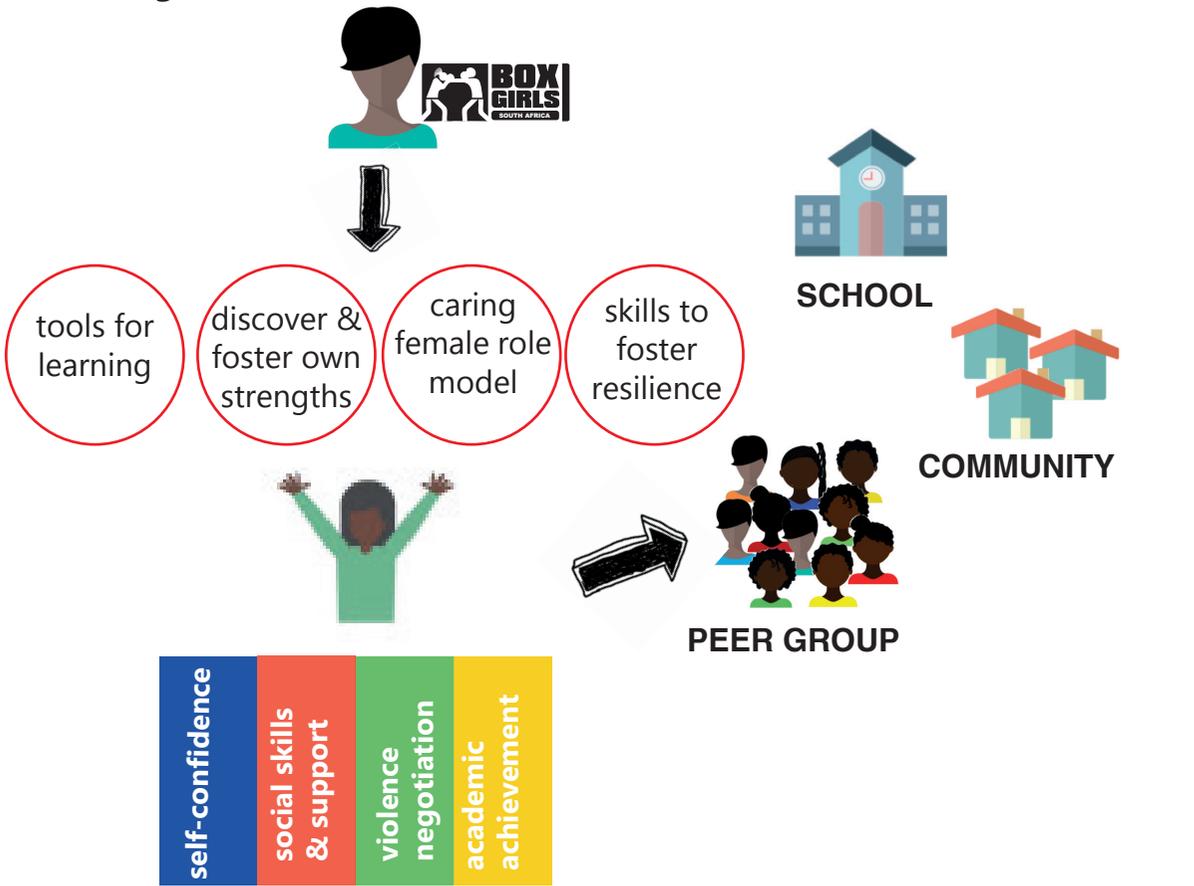


# Boxgirls South Africa

## Creating social CHANGE

Boxgirls South Africa works to create a world in which women and girls lead dignified lives in secure communities, where they are valued as equals and have control over their sexuality and economic development. Boxgirls uses the passion and self-creation of sport in combination with educational support to create opportunities for individual and community transformation.

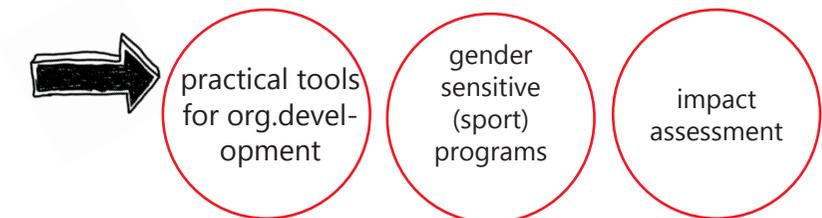
### Developing best-practice for economically independent & socially resilient girls and women



### Leverage Global Networks -Advocacy for:



### Share our learnings



# Boxgirls in future

## More girls' empowerment



We will continue to develop innovative programming that is reactive and effective in dealing with the most challenging problems faced in the communities in which we work.

In 2020 Boxgirls South Africa will reach more girls in multiple provinces and teach out methods through schools of education and social work to the next generation of changemakers.

Our participants will graduate with higher grades and self belief that they have the skills to learn whatever they need to for their chosen future career.

Our participants, peer leaders and parents will work together with our staff to transform our communities into safe productive neighbourhoods.

Moving on to 2018 we will share our experiences and expertise on including girls in sports, gender-sensitive program designing including sports and education as well as impact measurement and organisational development with strong local partner organisations.

Our scaling model for 2018 will combine digital trainings and learning tools as well as networking and workshop summits to support a strong international network of partner organisations, who are already successfully implementing within their community, in incorporation those of our learnings, which fit their beneficiaries needs and current programmes.

NGOs and governmental organisations addressed by our workshops and digital learning tools will serve as multipliers. We create change through delivering our methodology on girls' agency and our expertise in organisational development. In this way we will contribute to the rights and safety of young women and girls in a wide range of communities.

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Find us on social media

 [facebook.com/BoxgirlsInternational](https://facebook.com/BoxgirlsInternational)

 [@boxgirls\\_sa](https://@boxgirls_sa)

 [youtube.com/wwwBOXGIRLSorg](https://youtube.com/wwwBOXGIRLSorg)

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