



NIGEE PROJECT REPORT

SUBMITTED SEPTEMBER, 2026

OVERVIEW

In realization of the continued need for information on sexual reproductive health and rights, and in partnership with The Sky Girls Organization, this quarter we held a girls' forum in Kisumu, at our Girls' Empowerment Centre. While the forum targeted 50 adolescent girls and young women, it was attended by 136 participants, underscoring the girls' need for information. The forum started with some dance and fun activities to create a relaxed ambience where discussions could happen freely. The day's activities took a 2-step method; 1) general plenary discussion and 2) grouping by age (over and under 18 years) for age-appropriate learning.

The plenary discussions dwelled on three issues: drug abuse, gender based violence and teen pregnancy. The facilitators created awareness on steps of reporting cases of gender based violence including how to secure evidence for presentation when the case is prosecuted. On teen pregnancies, the discussions explored its causes and practical solutions to end it. While a lot of efforts were in the prevention, it was reiterated to the girls that teen pregnancy does not signify end of life – teen moms and expecting teens were encouraged to re-enrol to schools to complete their education, thereby improving their chances of future economic independence. Discussions on drug abuse centered on what drug abuse it, how it manifests, the challenges and repercussions it brings and where to seek help.

The group discussion with those over 18 years discussed topics such as sex and choices, pregnancy myths, contraception, handling of peer and other life's pressures. This session had an invited gynaecologist who answered questions on irregular periods, safe days, vaginal discharge, family planning, fertility issues and contraception.

The session with those under 18 years addressed handling peer and other life's pressures at home and school, making good choices and menstrual hygiene.

In conclusion, the forum gave adolescent girls and young women a safe space to talk about issues affecting them and learn new information and skills.



Girls' forum attendees



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