



***Stretching the Horizons Beyond Expectations:
Empowering the Disenfranchised Woman in Migori
To Realize Her Possibilities in Life.***

**COPED'S REPORT ON REPRODUCTIVE HEALTH WORKSHOP
FOR GIRLS' CLUBS 1& 2 ON 30th April, 2019
SUBMITTED TO
100 MILLION HEALTHIER LIVES**

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1.0 INTRODUCTION

Reproductive health is a state of physical, mental and social well-being in all matters relating to the reproductive system at all stages of life. Having worked with disenfranchised women for some time, we discovered that this is an area that contributed greatly to their disenfranchisement. There was need therefore to handle it with the young girls into details so that it does not affect them as it did to their parents. This is what led to this one day workshop with these girls who had been taken through four days Empowerment Workshop.

The 62 girls of the two girls' clubs were invited on 30th April, 2019 for reproductive health workshop and they all turned up with other 6 girls extra who followed their friends to the workshop and we ended up with 68 girls in attendance. These girls were very eager to know more because the previous workshops had woken them up to understand very many issues around them. They were very curious to learn more and this is why they invited their other six friends who came along with them.

Reproductive Health being a very wide topic, we broke it down to small sub-topics which could be covered within three days. We planned to do day one in April, 2019, day 2 in August, 2019 and day 3 in December, 2019 which falls on school holidays.

The session (day 1) was very interesting and interactive because the girls had developed trust in us and among themselves. They shared their experiences more openly than before and they asked very many questions that related to the topics of the day. The facilitator was very pleased at them and she expressed that she found the class very easy to facilitate and it was very encouraging to her. The girls were very free and open throughout the workshop and they responded to questions freely, unlike in other cases where the girls become very shy and timid and do not want to talk because they will be mistaken to be of bad character. This was a class of girls who had gone through the 4-days Empowerment Workshop where they were led to look into their core belief areas and were now exercising their learnings and discoveries on these areas, i.e., self-responsibility, self-esteem, trust in the abundant universe, positive attitude and flowing with change.

By the end of the day, the girls became more aware of their reproductive health and how to work skilfully with this area in order to prosper in life. They realised that there were so many things that they did not know understand and because of this forum, they got clear answers to their questions and they learnt very many things. They expressed that their teachers do teach them some of those topics in school but because they are together with boys and some of those teachers are male, they shy off and not seek clarity on issues that affect them. They were so excited and said they have even acquired some knowledge that will be helpful in their classwork.

2.0 TARGET GROUP

This training focused on the daughters of the disenfranchised women of Wuoth Ogik Village of Migori County.

3.0 TRAINING OBJECTIVES

These were:

1. To enhance the knowledge skill and attitude of the girls especially the adolescent, on sexual and reproductive health leading to behavioural change which enables them to make evidence based and informed decisions with responsible choices, in order to eliminate chances of disenfranchisement;

4.0 THE PROCESS

The girls were taken through the following topics:

- I. Adolescent and body changes
- II. Abstinence
- III. unwanted pregnancies,
- IV. unsafe abortion,
- V. Sexually Transmitted Infections (STIs)
- VI. HIV AIDS
- VII. Forms of sexual violence and coercion.
- VIII. Early marriages and
- IX. Female Genital Mutilation (FGM)

5.0 CHALLENGES

- We realized that the topics were more for one day because these girls had a lot of varied questions which needed to be handled well. Some of these topics were rushed over and there is need to re visit them in the next session. This therefore calls for more sessions than was planned earlier.
- The number of girls who turned up were more than we planned for. We had to make adjustments to accommodate the extra girls because it was not kind to send them away. Our resources had to be overstretched every time we had a workshop. We originally planned for 50 girls but we finally had to make do with 62 girls.
- These girls were of varied age groups and there were topics which was in appropriate for some who were 10 years old and below. We had to break up the class during that session and engage the age 10 and below with a different activities during such sensitive sessions.
- The girls wanted more of these forums to be able to learn more yet we planned for only a forum every school holidays. We may have to devise ways to have even three forums per school holiday

6.0 ACHIEVEMENTS

1. Bringing the 62 girls together is an achievement. It is not very easy for parents to entrust one with their children. Seeing this group of girls entrusted in our hands for proper guidance is a great achievement for us and a sign for a great future for this community.
2. Sustaining 62 young girls, with varied interests in class though out the day is another achievement.
3. Their free participation on the topic that has always been considered a taboo to talk about in open was a clear show that the girls are an empowered team. The class was very lively and this was the greatest achievement for us.

7.0 CONCLUSION

This workshop was successful because it met the objectives that had been set. The girls left more aware of issues that they had never heard anyone speak about yet these affect them and eat them up quietly. We thank 100MHL for making it possible for us to achieve this.

8.0 RECOMMENDATIONS

- There is need for regular meetings in order to assess the growth and to assist where necessary. The meetings should be more regular during school holidays April, August and December. There should be at least three forums in one holiday. The girls have a lot of issues that needs to be addressed. This will provide a platform to assess the progress of the girls and also to handle any challenges expressed. Peer support and consultation is also highly encouraged in order to sustain the application of the knowledge imparted and the skills given. Such meetings with provide the platform for all these.

Sample of the training photos



The reproductive health class after the session. Each is showing off their panties and sanitary towels given to them.



A section of the 62 Girls' during the reproductive health sessions display their new panties and sanitary towels given to them at the end of the workshop

Training expenditure Report

Budget Line	Details/Item	No. of Units	Unit Size	Unit Cost	In \$	No. of days	Total cost(Kshs)	In \$
1	FOOD	0	0	0			0	
1.1	Participant's Food							
1.1.1	Lunch	68	1 plate	220	\$2.20	1	14960	\$150
1.1.2	Ten O'clock Tea	68	1 cup and a bite	100	\$1.00	1	6800	\$68
1.1.3	Drinking Water	68	500mls	30	\$0.30	1	2040	\$20
1.1.4	4 O'clock Soda	68	300mls	40	\$0.40	1	2720	\$27
1.2	Facilitator's food	0	0	0	\$0.00	0	0	\$0
1.2.1	Lunch	2	1 plate	220	\$2.20	1	440	\$4
1.2.2	Ten O'clock Tea	2	1 cup and a bite	100	\$1.00	1	200	\$2
1.2.3	Drinking Water	6	500mls	30	\$0.30	1	180	\$2
1.2.4	4 O'clock Soda	2	300mls	40	\$0.40	1	80	\$1
	Sub-Total				\$0.00		27420	\$274
3	VENUE COSTS	0	0	0	\$0.00		0	\$0
3.1	Hiring Conference Hall and chairs	1	Hall	1500	\$15.00	1	1500	\$15
	Sub-Total				\$0.00		1500	\$15
4	TRANSPORT				\$0.00		0	\$0
4.2	Staff local transport	2	Kshs.	600	\$6.00	1	1200	\$12
	Sub-Total				\$0.00		1200	\$12
5	STATIONERY	0	0		\$0.00	0	0	\$0
5.1	Flip Chart	1	Pc	500	\$5.00	1	500	\$5
5.2	Felt pens	5	Pcs	100	\$1.00	1	500	\$5
5.4	Note books	68	Pcs	30	\$0.30	1	2040	\$20
5.5	masking Tape	1		60	\$0.60	1	60	\$1
5.8	Pens	68	Pcs	20	\$0.20	1	1360	\$14
	Sub-Total				\$0.00		2760	\$28
6	FACILITATION FEES	0	0	0	\$0.00	0	0	\$0
6.1	Facilitator 1	1	Kshs.	15000	\$150.00	1	15000	\$150
6.2	Assisting staff	1	Kshs.	10000	\$100.00	1	10000	\$100
	Sub Total						25000	\$250
7	OTHER MATERIALS						0	\$0
7.1	Panties	110	Kshs.	150		1	16500	\$165
7.2	Sanitary pads	128		150		1	19200	\$192
	Sub Total						35700	\$357
	Grand Total				\$0.00		93580	\$936

Thanks to 100MHL for making this possible!