

# COVID - 19 EMERGENCY RESPONSE

3RD UPDATE

SEPTEMBER - OCTOBER 2020



**Resiliency in Action** - A direct response to the protracted education and child protection crisis brought on by the onset of COVID-19 in Leyte and Cebu







## INTRODUCTION

In a recently conducted survey with children and youth about the impact of COVID-19 pandemic and enhanced community quarantines **FundLife found that 3 out of every 4 young people had a difficult or very difficult time** dealing with COVID-19 lockdowns; **the survey conducted with local communities in July found increased** emotional stress, boredom and early signs of depression in children and adolescents.

In addition to the **prolonged and potentially devastating** disruption to children's education, COVID-19 is having a significant effect on young people's mental well-being and, contributing to increased anxiety and stress.

With all schools closed across the Philippines since March 11th, the educational impact on children has been severe. In a survey carried out in Leyte between July-August, FundLife found that the impact on mental well-being has also been substantial.

In the absence of regular schooling and physical learning in a safe and enabling environment, children and youth have lost their sense of structure and social stimulation. In the first three months of lockdowns, they have seen all interaction with friends removed and **devoid of** the social support they had to cope with everyday issues that are vital for mental well-being.

In a small sample survey of 42 children and young people (aged 10-24) findings showed that 7 out of 10 (71%) young people are directly worried about the virus and its impact on them and their families. Over 30% of all young people reported feeling helpless during the lockdowns. More worryingly, 3 out of 4 young people interviewed admitted that they are having a very hard time getting through the imposed lockdowns, especially since they were to leave their houses as strict 24-hour curfew was enforced to mitigate the spread of COVID-19.

Data also showed that 6 out of 10 children and young people have reported becoming less resilient during the COVID-19 lockdowns, 50% reported that they typically just sleep if they have nothing to do. Over 60% also said that since COVID-19, they are watching more TV as they are not in school. 8 in 10 said they are living with increased concern about a family member getting very sick because of COVID-19.

In an effort to support young people during the lockdowns, FundLife initiated food pack and hygiene kit distributions. Virtual learning platforms were also launched to help young people cope up with the social and emotional impact of COVID-19.



# RESPONSE ACTIVITIES

## Food Pack Distribution

**67% or 6 out of 10** children expressed their worry over inability to access food during ECQ and with the threat of COVID-19 still present FundLife distributed a total of 339 food packs to households in prioritized areas in Leyte (Tacloban, Palo and Tanauan).

TOTAL NUMBER OF HOUSEHOLD REACHED	339	
	GIRLS	BOYS
TOTAL NUMBER OF VULNERABLE CHILDREN REACHED (Participating Football for Life Academy Program and Girls Got This)	100	242



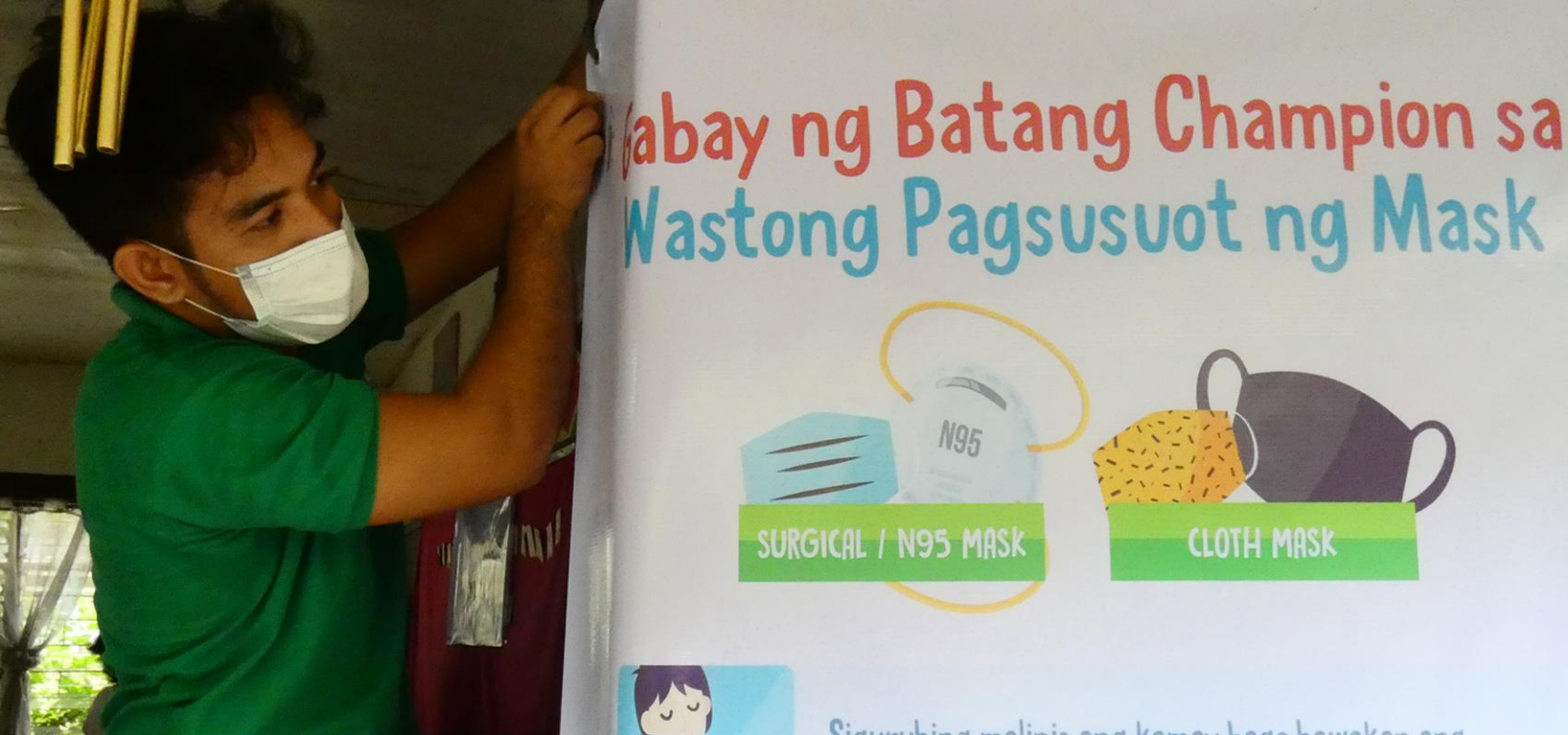
Some of the prioritized areas were initially inaccessible for food distribution because of the local community lockdowns. Nevertheless, FundLife was able to provide food packs and hygiene kits to those most in need.

The households who were given foodpacks and hygiene kits included children and youth according to the age below:

7 – 10 years old	11 – 17 years old	18 – 21 years old
27	230	31







## CHILD-FRIENDLY COVID-19 EDUCATION MATERIALS

With unprecedented school lockdowns due to the COVID-19 epidemic, the Department of Education requested the support of FundLife to create Child-friendly where education materials on staying safe during COVID-19 can be delivered safely and effectively.

In response to this need, FundLife devised four different informational pamphlets to help children understand and better respond to COVID-19. These included: proper hand-washing education, proper wearing of masks education and maintaining a good mental-being during the epidemic.

As well as direct engagement, FundLife and DepEd created 20 large information posters and installed them across strategic locations where children and youth could access.

Siguru hing malinis ang kamay bago hawakan ang mask na gagamitin.

Siguru hing maayos ang mask at walang butas.

Sa pagsusuot, siguru hing natatakpan ng maayos ang bibig at ilong. Kapag gagamit ng surgical mask, dapat nasa labas ang may kulay na bahagi (blue).







## HYGIENE KIT DISTRIBUTION AND HYGIENE PROMOTION

Proper hand washing and good sanitation is often neglected. Fundlife coaches demonstrated hygiene promotion in fun activities. Along with the distributed Hygiene Kits, FundLife coaches took the lead in demonstrating the proper way of handwashing and explained the importance of it to the parents of the participants to help improve the practices of good sanitation to their children.





# HEALTHY-AT-HOME DIGITAL CLASSES FOR YOUTH

FundLife produced 62 'Learn-from-Home' and 'Stay-at-Home' videos to help young people during the pandemic as well as providing education for children to stay safe.

These sessions were created by FundLife youth mentors and aspiring young coaches to ensure that children continue to exercise to keep themselves healthy in mind and body. At the same time, we established a communication network to keep children in contact (virtually) with one another and with trusted peers to support their mental wellbeing during the crisis.

Each video also encourages children to stay at home and suggests fun activities to engage in productively, as a way to promote healthy habits and to practice self-discipline. Based on the recent survey conducted 96% of the viewers feel happy because of the videos and get motivated to become healthier.

38% said that the videos also provide a positive social circle and 29% even said that this helps them stay connected with other children and coaches.



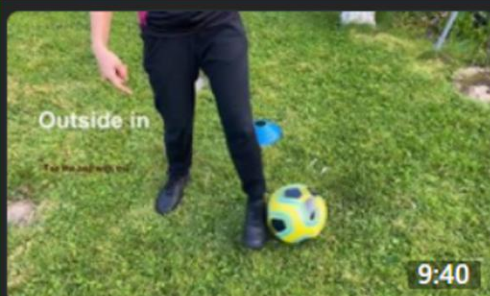
Dribbling



Defending



Physical Exercises Challenge



Greetings from London



Abdominal Muscles



Leg Strenght





## SMALL GROUP COMMUNITY BASED SESSION

SCGS was initiated to provide play-based learning sessions to children and youth in quarantine due to the COVID-19 pandemic while adhering to the local health protocol. This specifically aimed to deliver 25 educational sessions to strengthen the awareness of children on hygiene, sanitation and nutrition with special focus on COVID-19 and to empower them by educating them on their basic rights and ways to protect themselves from any form of abuse while confined in their homes and community.



# ONLINE MENTORSHIP AND CHAMPION SESSION

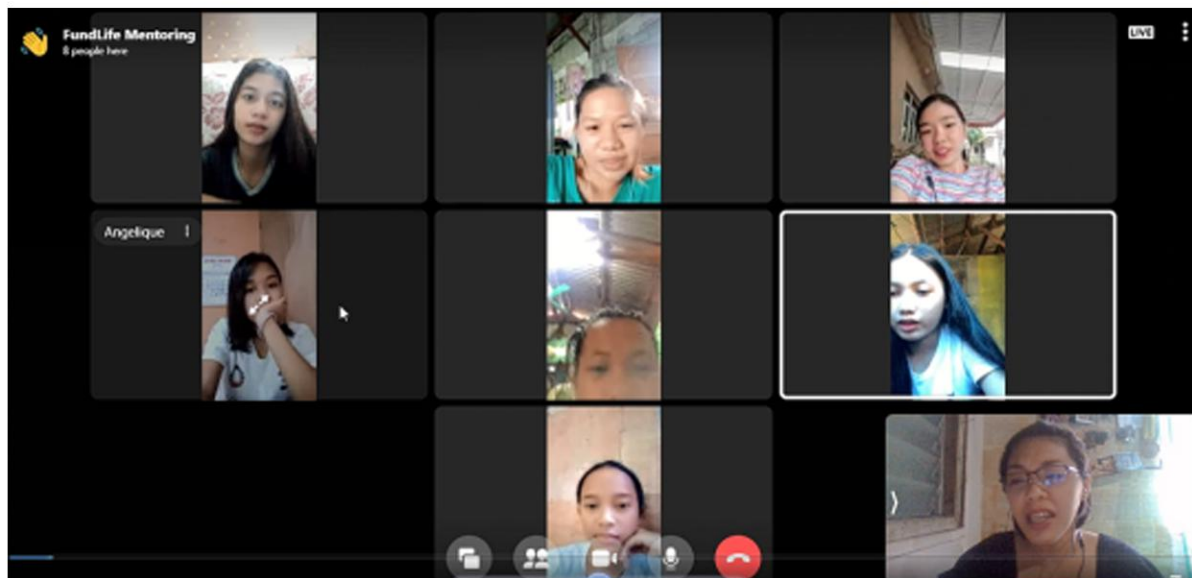


In FundLife's efforts to continue to educate, inspire, and empower its players amidst the pandemic, a mentoring program has been launched last on October 9, 2020 for girls and October 14, 2020 for boys.

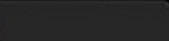
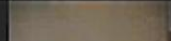
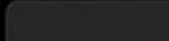
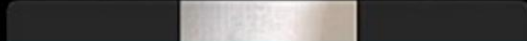
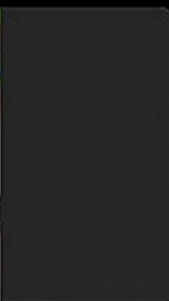
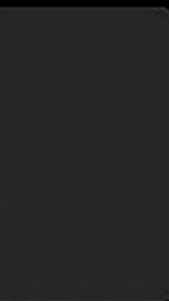
Coach Patrina Nartea Caseres and coach John Rex Acuin, two of Football for Life Academy and Girls Got This coaches, facilitated a two hour Mentorship Session.

A special Champion Session was organized, and will continue to place once a month, to provide a bridge between Girls Got This (GGT) champion ambassadors and young girls participating in GGT activities.

The most recent one was the Champion session with Pauline Lopez, a SEA Games gold medalist in Taekwondo.

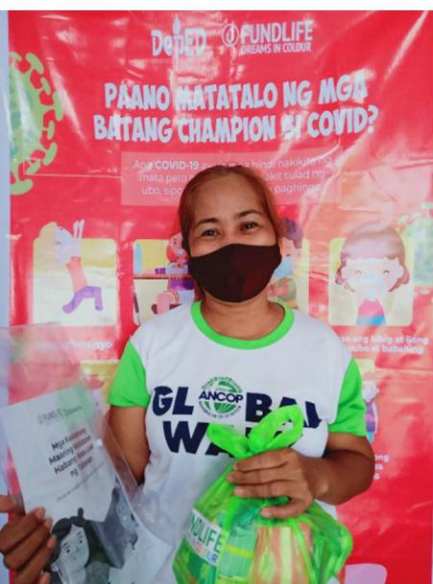






## WOMEN POWER PACKS

A total of **116 households** with vulnerable women received Women Power Packs in Brgy. Kawayan, Tacloban.



Single mother, lactating and pregnant women benefited from the WPP which contained hygiene kits with powdered milk and activity booklets.

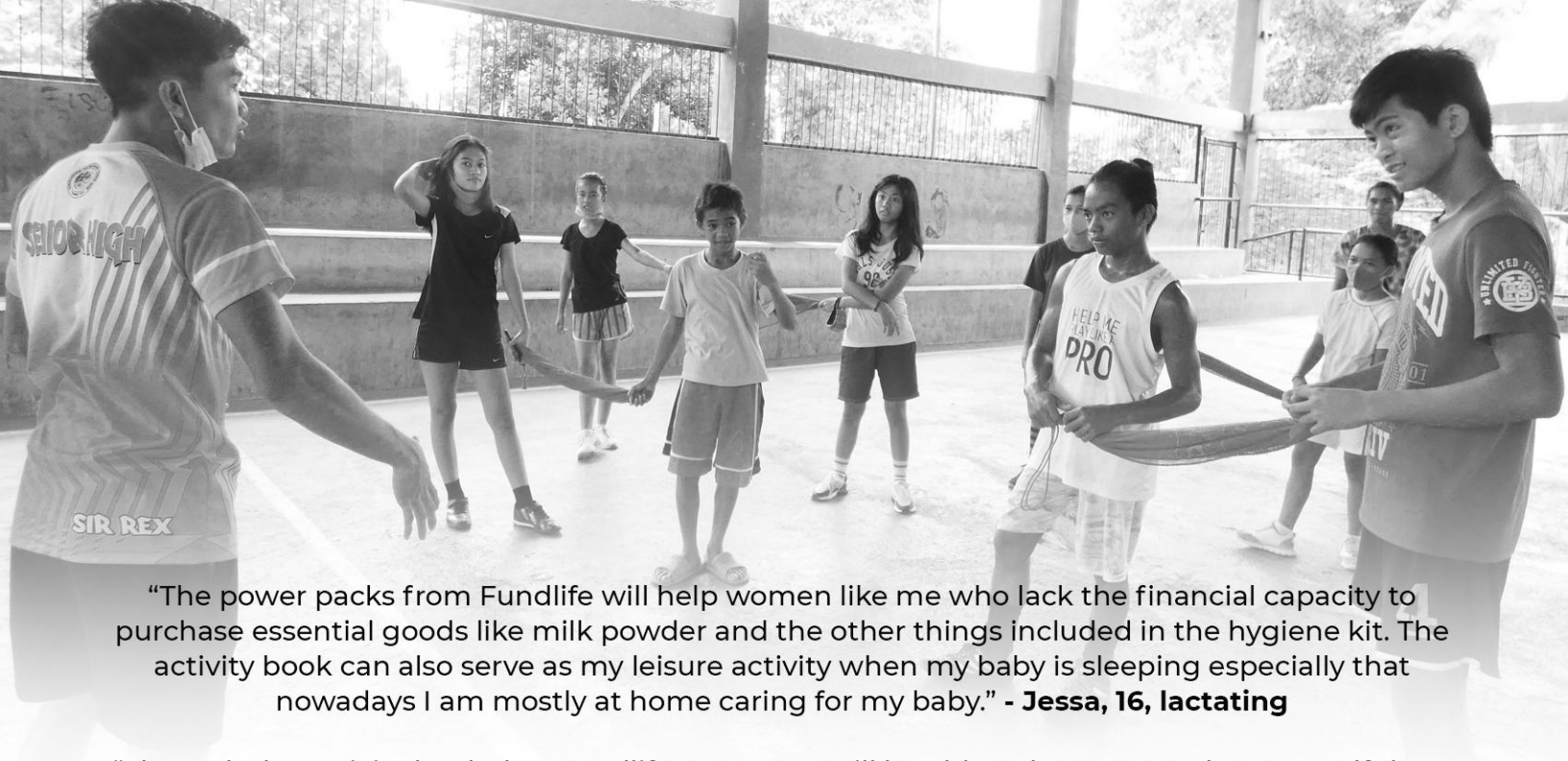
The activity booklet included in the pack are aimed to provide learnings for the vulnerable women especially the young mothers while they are staying at home. The booklet contains topics about self-awareness, leadership and managing stress. This also included fun activities that they can complete such as puzzles, spotting differences in pictures and they can even color some portraits.

The household members of all these women included 215, 0 – 6 year old children and 221, 7 – 17 years old.









"The power packs from Fundlife will help women like me who lack the financial capacity to purchase essential goods like milk powder and the other things included in the hygiene kit. The activity book can also serve as my leisure activity when my baby is sleeping especially that nowadays I am mostly at home caring for my baby." - **Jessa, 16, lactating**

"Through the activity book that Fundlife gave me, I will be able to learn more about myself that I do not know yet. I believe that as I progress in doing the activities in the work book, I will become empowered. The hygiene kits are also helpful for me to stay clean when breastfeeding my baby." - **Maria Queenis, 18, lactating**

"I'm very thankful to Fundlife for the hygiene kits they gave us. It doesn't matter how small or how big the help is, so long as it comes from the heart. For the Women Win activity book, it will serve as my reflection journal. Through it, I know that I will be able to know myself better, I will know my purpose in life. That even if I got pregnant at a young age and while still studying, I will be reminded that my life does not end here and that I still have a future. These power packs help empower women, and I'm very grateful for this." - **Zairene, 17, pregnant**

"For a single mother who is already of old age and is still working for my family (I have a son who is lame), I find it hard sometimes to report for work. But I can't stop working because we won't be able to eat if I don't work. So this women's power pack is a big help already for us." - **Nida, 62, single parent**

"This power pack is a big help for me with the situation I am in right now. My husband earns so little that we have to prioritize the needs of our baby that sometimes I choose not to buy essential things like shampoo." - **Dafnie, 20, lactating**

"Aside from the hygiene kit and the powdered milk the activity pack is going to be helpful for my daughter because right now I can't really spend much time with her because I have to take care of her younger siblings and also help his father earn. The way I see it, the activity pack has fun activities that she can work on like puzzles and self-reflection." - **Chona, 40, pregnant mother.**

"This is really a big help for our budget. We can allocate more money for food since we no longer have to worry for our bath soap, toothpaste and shampoo for at least two weeks." - **Erlinda, 27, pregnant and lactating mother**





A project of:



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