



**SHE IS EGYPT, STRONG
EDUCATED AND EMPOWERED**

2025, Q1 REPORT

IN PERON PROGRAMS

Across a set of local partnerships, four organizations celebrated the graduation of children from Hayati, Amalna Heya Masr's program for children aged 6–18, focused on building psychological resilience, self-confidence, and self-awareness. The same period saw the launch of the first trauma-recovery sessions for girls, delivered under Hayati's "I Am a Leader" unit.

Our foundation offers children's programming, **Hayati**, which translates to “my life.” It is a four-month comprehensive program.

The following modules:

- I Am a Leader. Self-awareness, self-confidence, and decision-making skills
- I am healthy. Building sound daily health habits
- I am Brave: Awareness of violence, harassment, and bullying; self-protection and civic role

The program was delivered with local field partners, supported by Life Vision for Development, in partnership with Heya Masr, with Caritas Egypt as part of the support network.

This program fulfills our foundation's mission to build children's character with psychological resilience and the ability to face challenges.

We graduated 125 boys and girls from the Heya Masr children's program, helping them fight domestic violence.

Voices from the Field

Children left the team a message that captures the program's core: "You are valuable and worthy."



MAJOR IMPROVEMENTS:

- SENSE OF SECURITY SHOWED THE MOST SIGNIFICANT GAIN, JUMPING 25% POINTS FROM 64% TO 89%
- GOOD HEALTH INCREASED SUBSTANTIALLY BY 34 POINTS (60% TO 91%)
- DECISION-MAKING ABILITY NEARLY DOUBLED, RISING 40 POINTS FROM 35% TO 75%
- SELF-AWARENESS IMPROVED DRAMATICALLY BY 29 POINTS (50% TO 79%)
- EFFECTIVE CITIZENSHIP AND SELF-CONFIDENCE BOTH INCREASED BY 15 AND 11 POINTS, RESPECTIVELY
- KNOWLEDGE AND BEHAVIOR: KNOWLEDGE IMPROVEMENT ROSE SIGNIFICANTLY FROM 59% TO 93%



Our Parenting Programming Hayatan
Our team of facilitators conducted our
Hayatna parenting programming for more than
65 parents.

This program includes:

- Parenting Self-care
- Female Genital Mutilation
- Early marriage
- The Risk of Sexual Harassment and Bullying of Children
- Healthy Nutrition Sessions
- The Right to Education and Gender Equality

The results of the pre- and post-evaluation of
the Hayatna program on 40 parents of
children:

- The Awareness Against Female Genital Mutilation index increased from 67% to 92%
- The Child Protection index increased from 65% to 80%
- The Child Advocacy index increased from 54% to 70%
- The Gender Equality Index increased from 61% to 86%
- The Positive Parenting Index increased from 59% to 86%
- The Awareness Against Early Marriage index increased from 76% to 93%
- Their knowledge development increased from 64% to 89%



ONLINE PARENTS WEBINARS

Presenter: Dr. Shereen Lewis

- "Why Does My Child Hit?!
Understanding and Addressing Violence
in Children"

Presenter: Dr. Fatma Ali

- "Why Is My Child Stubborn? Let's
Understand What's Behind It, Without
the Power Struggles"



THE AMERICAN
UNIVERSITY IN CAIRO
الجامعة الأمريكية بالقاهرة

وبينار لنا وطفلي
يقدم ندوة
طفلي بعيدا عنه؟ تعالوا نفهم السر وراء العناد من غير
صراعات

مومندنا السبت: 29 مارس
الساعة 7 مساء

عبر برنامج Zoom

للحجز املأ بياناتك بالاستمارة
أرسل لنا أسئلتك قبل الندوة
عبر الإنترنت

أ. فاطمة علي
استشارية تربوية وأسرية

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**Q1, 2025 - the beginning of our 11th year of achievements at
Heya Masr**

Hayati for children program. The 2025 Goal is:

1000 children, with an additional focus of 20% on children with special
needs and refugees

Hayatna Program for Parents, teachers, and caregivers. The 2025 Goal is:

1000 parents participate in workshops, 12 educational webinars

Positive change in family relationships

