

## Rise 2 Shine Project Report

### Introduction

The year 2023 started off on a bumpy road for Rise 2 Shine and the different clubs could just not get off from the ground as expected. Days and times the clubs should have met clashed with school activities like athletics and sports practices. If this was not enough reason not to meet, the facilitator at one Primary School in Rehoboth left early February due to official commitments as Missionary Pastor at his Church. Leaving the biggest club at Primary School level in Rehoboth dormant up to now. However all other clubs (Rehoboth – 1 Senior Secondary School; Mariental – 1 Junior Secondary School, 1 Senior Secondary School and 1 Primary School) resumed with activities

### Project Activities

Rise 2 Shine started with a Baseline Survey in October 2022 in Empelheim Junior Secondary School and Mariental High School in Mariental and completed it in mid-November 2022. The same survey was conducted during April 2023 with the club members at Dr. Lemmer High School in Rehoboth.

A total of **161 learners**, age 13 to 19 years registered at the three schools respectively (Mariental Senior Secondary School – 56 Learners; Empelheim Junior Secondary School 70 learners and Dr. Lemmer High School – 35 learners). **75 Learners** out of the 161 learners registered took part in the baseline survey.

Fig. 1 indicates the number of male and female learners from the one school in Rehoboth and the two schools in Mariental who partook in the survey.

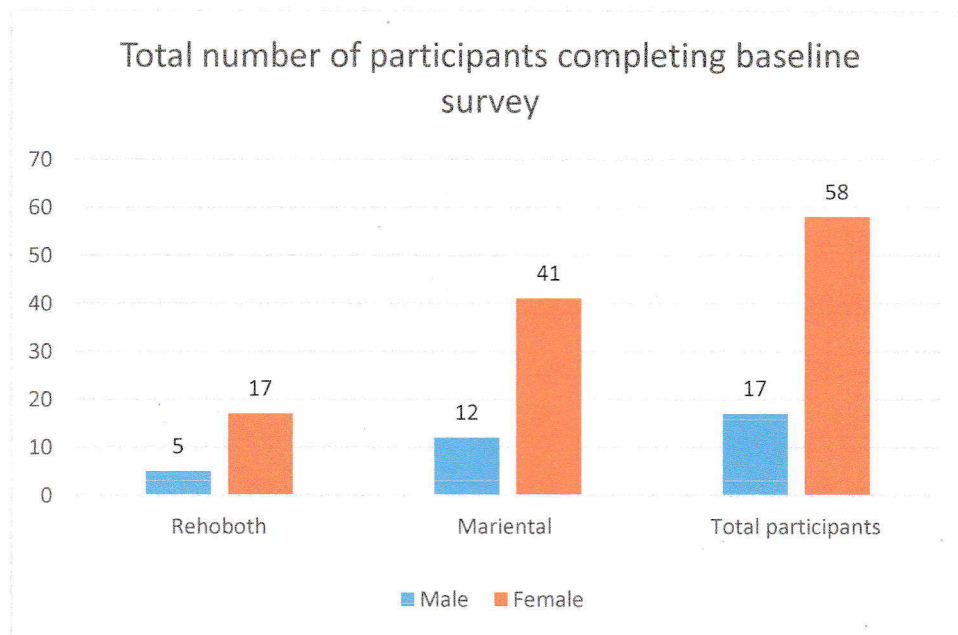


Fig. 1 Total number of participants in baseline survey

For the purpose of this report we will not look into all the questions on the questionnaire, but will only select those which highlight some of our indicators. In this regard it is necessary to start off with the question: "What made you decide to join the Rise 2 Shine Project?" As indicated in figure 2, all six answers to this question were selected by participants, but the answer on ABSTINENCE got the most correct marks. A total of 49 out of 75 participants indicated that they want to abstain from sex, violence and crime as reason for joining the Rise 2 Shine Project.

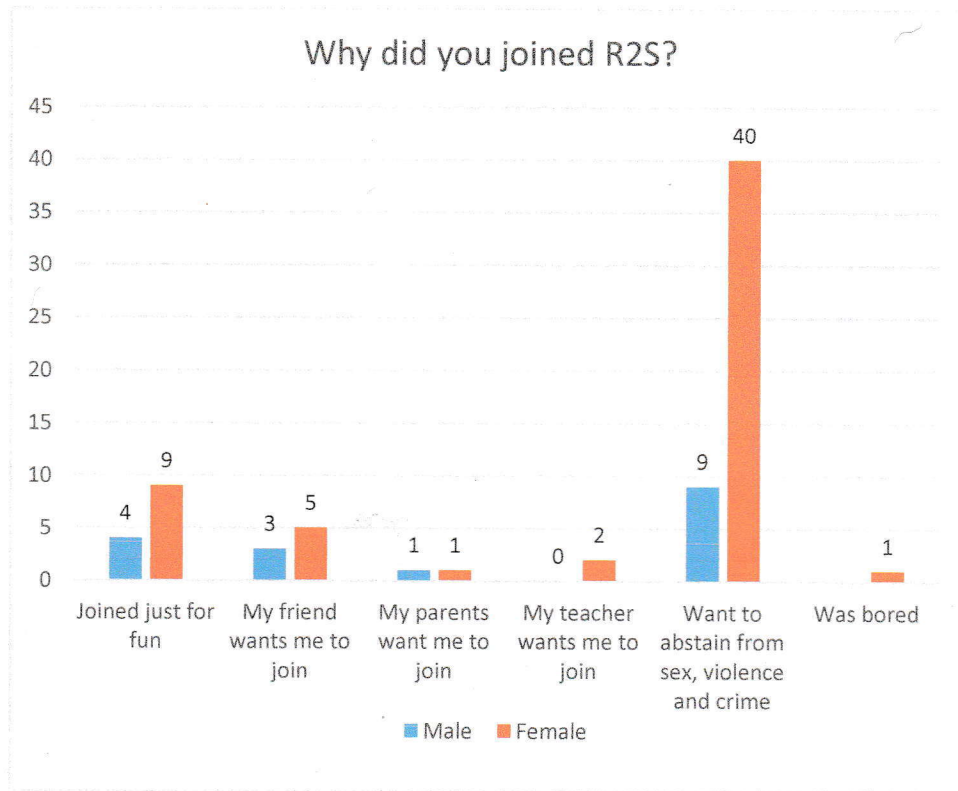


Fig. 2

The focus of the Rise 2 Shine Project is to empower young adolescents to take ownership of their lives from a very early stage in order to develop as healthy and productive citizens. Sex, violence, alcohol and crime are the biggest contributing factors in preventing young people reaching and fulfilling their dreams and hopes for the future.

In the following three graphs it is clear that puberty pose a huge challenge to both girls and boys and it seems difficult to handle challenges around it. In figure 3 it is eminent that 23.5% of the boys and 12.1% of the girls responded "Yes" to the question: "Did you ever had sex before?" Alarming in this regard is the age at which these young boys and girls had their first sexual encounter. Figure 4 shows the biggest portion of them had their first sexual debut between ages 13 and 16 years of age. It seems like the girls are more exposed to sexual activities than the boys in this age group. In the age group 17 to 19 years only two boys indicated their sexual debut age.

Another alarming thing that came out is the fact that 11 girls and 1 boy indicated that "someone tried to have sex with them during the six months prior to the baseline survey." This indicates that young people are really at risk and need to be empowered on how to take stance in this regard.

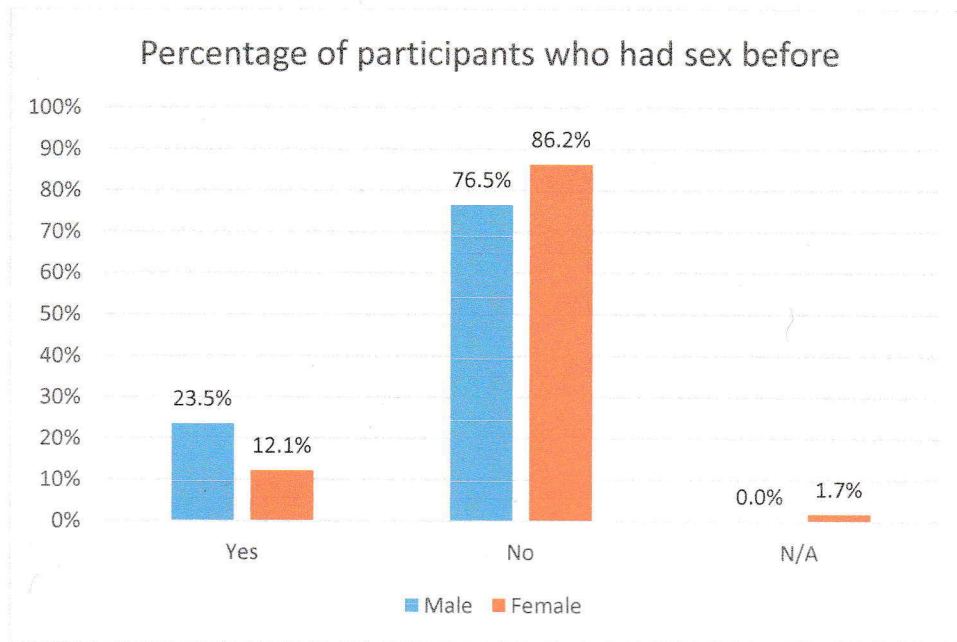


Fig. 3

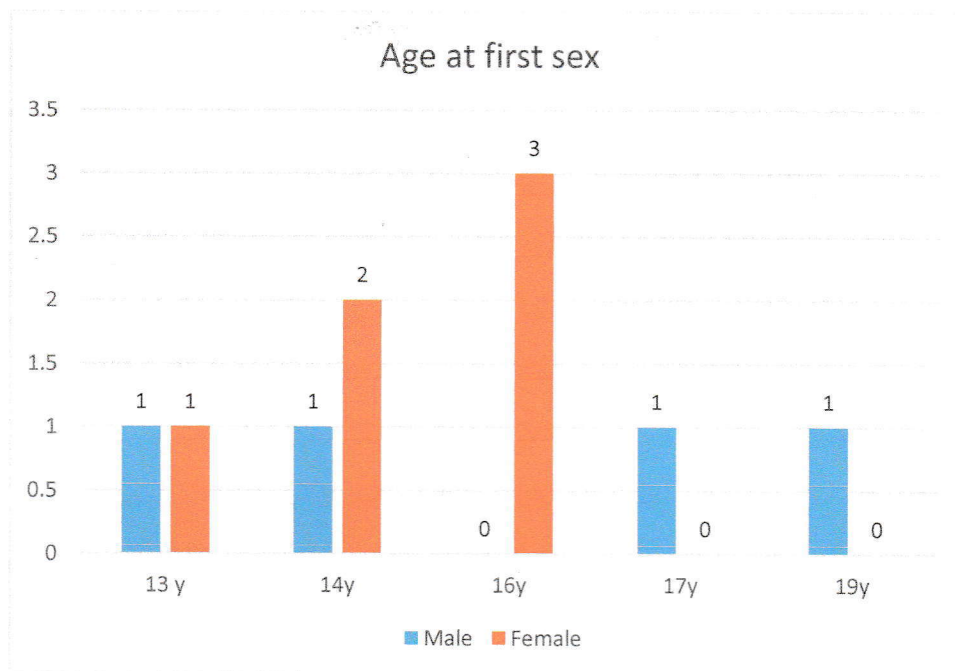


Fig. 4

The second important issue that Rise 2 Shine addresses in program activities is: **Violence**. Here it is eminent that Mariental seems to be the hotspot for violence amongst and towards young people. Figure 5 shows that 17 girls and 7 boys in Mariental were exposed to different forms of violence during the six months prior to the baseline survey. Only one girl in Rehoboth reported being exposed to violence during the six months prior to the baseline survey.

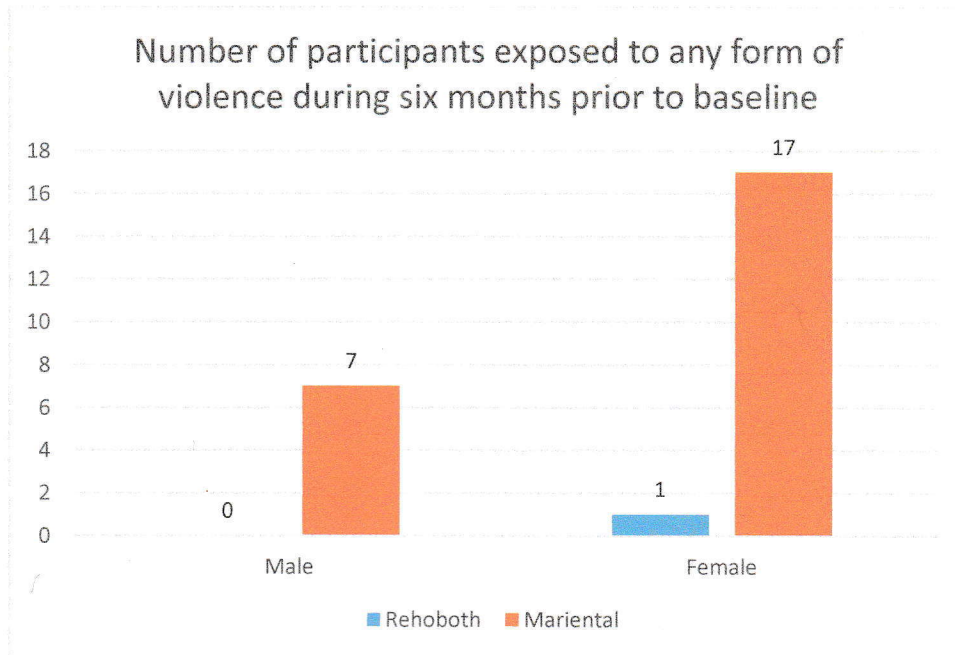


Fig 5

On the question whether young people were themselves involved in any form of violence, 8% of the Mariental participants indicated that they were involved in violence during the six months prior to the baseline survey. 2.7% of the Rehoboth participants indicated involvement in violence. Another 5.3% of the Mariental participants were not willing to answer the question as indicated in figure 6. One could make the assumption that maybe they see involvement in violence as a personal issue and don not want to talk about it.

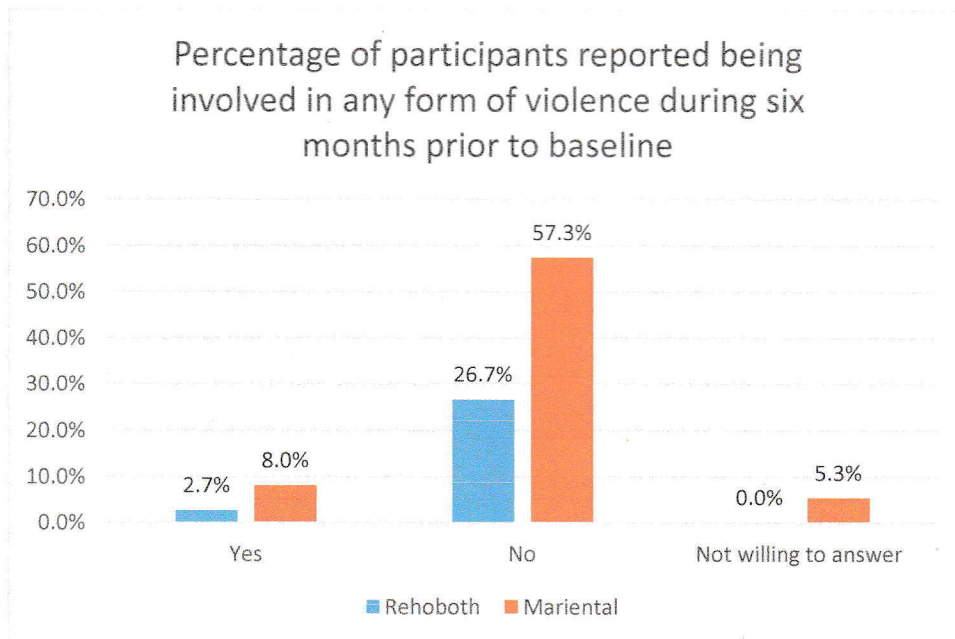


Fig. 6

One of the reasons why young people succumb easily to so many challenges in life is because they have low self-esteem. In the following graphs it proof that young people need empowering and guidance to become productive and healthy citizens in future.

According to figure 7 the biggest portion of female participants in Mariental (30.7%) indicated that they only feel good about themselves “sometimes”, while only 20% females in Mariental feel good about themselves. In Rehoboth the biggest portion of females say they feel good about themselves (13.3%) while 9.3% females in Rehoboth said they only feel ‘sometimes’ good about themselves. Only 12% and 4% males in Mariental and Rehoboth respectively said they feel good about themselves.

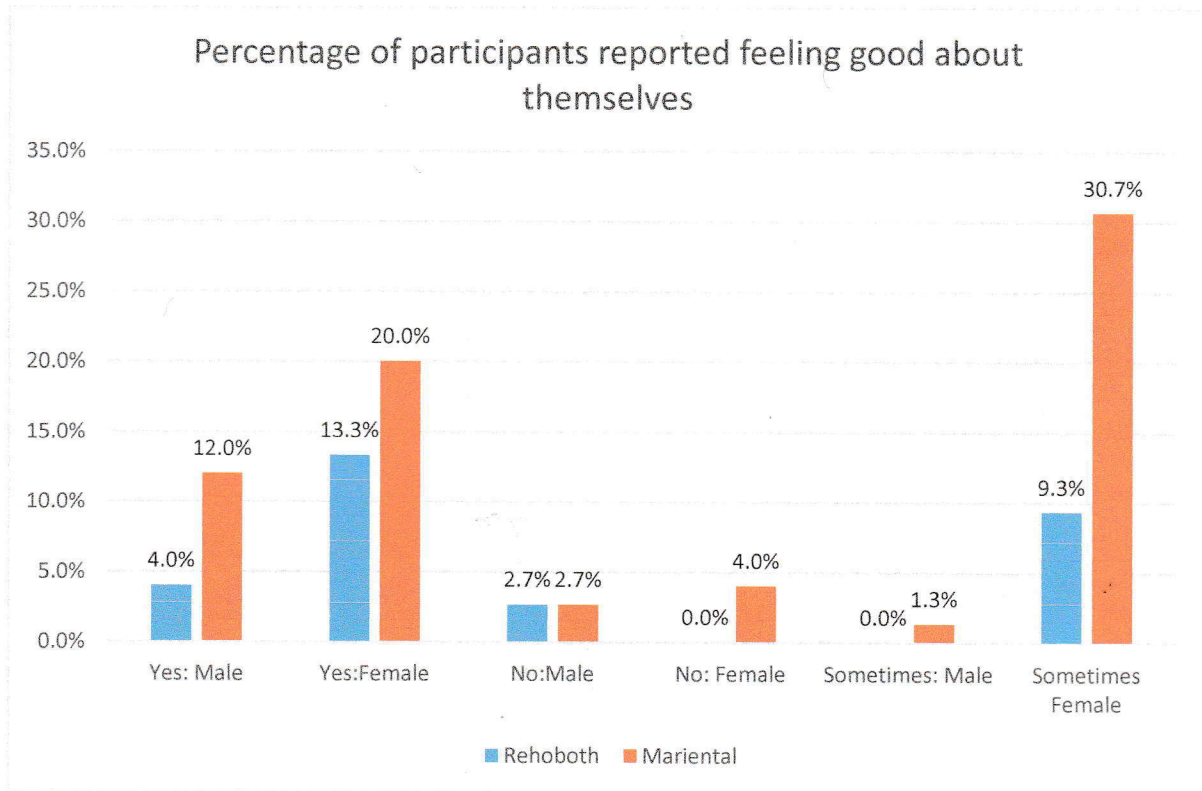


Fig 7

In the next graph (Figure 8) it shows that only 20% females and 8% males in Mariental can express their feelings “clear.” In Rehoboth it is only 6.7% females and 4% males who indicated they can express their feelings clear. If you cannot express your feelings clear it is almost certain that you cannot handle peer pressure. This is being proofed in figure 9 where 25.3% females and 6.7% males in Mariental indicated they cannot handle peer pressure. In Rehoboth 8% females and 2.7% males indicated they cannot handle peer pressure.

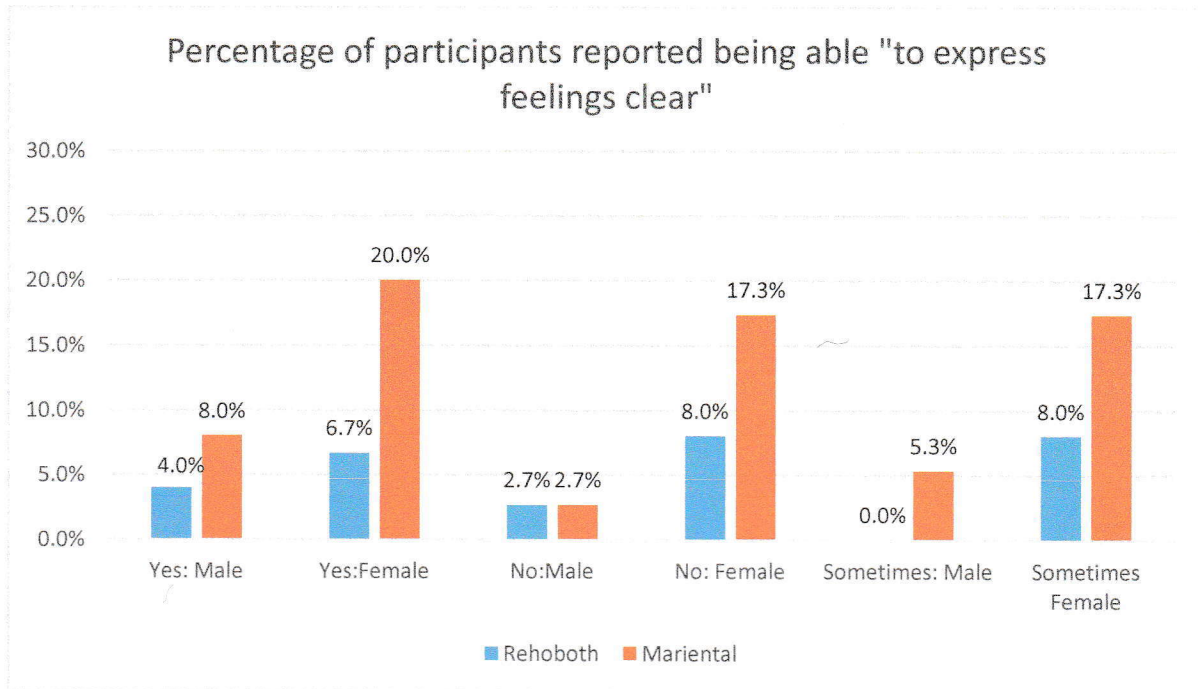


Fig 8

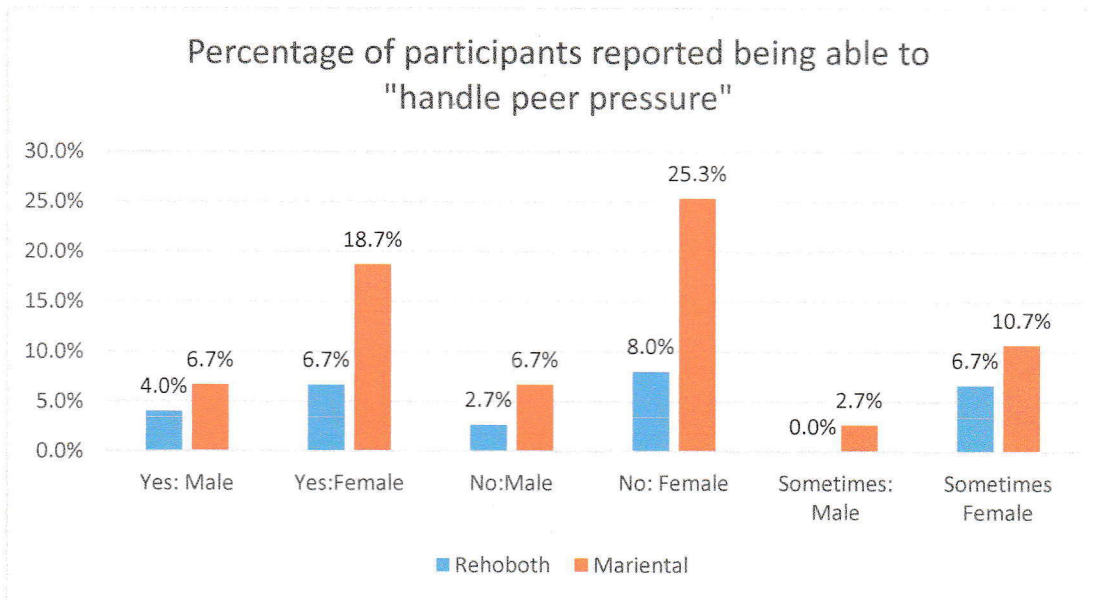


Fig. 9

These and other results from the baseline survey proof that young people experience a lot of challenges when growing up. In a world where both parents are 'absent' in the lives of young people due to the need "to put something on the table", young people are left to themselves to figure out how to handle emotional, physical and spiritual changes in their lives. Rise 2 Shine is there to fill the gap to empower young people to take charge of their lives as they develop from early childhood through adolescence and puberty to healthy young grown-ups who can make healthy and positive decisions in live.

**Challenges**

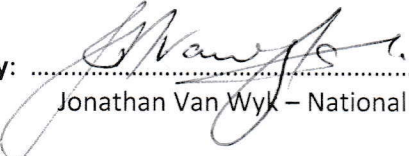
Donor funding stays a challenge for the Project. Some of the requirements put forth in Requests for Funding Applications (RFA's) just hampers the success of Rise 2 Shine Project in her response to these RFA's. Although it is stated clearly that funding is available for upcoming or newly establish NGO's, Community Based Organizations or Welfare Organizations, requirements such as: i) Organizations must be legally registered for at least 3 to 5 years; ii) Organizations must have had an operational budget for the past year or two of at least USD 50 000.00; and/or iii) Organizations must be able to submit at least two years audited financial reports just make it difficult for small community based organizations like Rise 2 Shine Project to be successful in her applications at this stage. Nevertheless we stay hopeful for the right door to be open at the right time.

Volunteer commitment also bring big challenges to the Project. People are not willing to offer their time and energy for free especially in this economic hard times we encounters on a daily basis. A big thank you goes to our female volunteers who endures hardship week by week to make sure that young people are being equipped and empowered to face life's challenges.

**Conclusion**

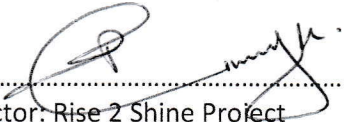
Rise 2 Shine Project stays committed to reach as many as possible young people at school to empower them to make healthy and positive decisions regarding their Sexual Reproductive Health lifestyles, Education and their family life. Staying focused, committed and positive will be the driving force behind us to deliver passionate and dedicated services to our young people.

End of report.

**Report compiled by:**  .....  
Jonathan Van Wyk – National Coordinator

**Period of report: January – March 2023**

**Date of report: 26 April 2023.**

**Report signed by: 1:**  .....  
Director: Rise 2 Shine Project

**2:**  .....  
Management Member