

FOUNDATION FOR HEALTHIER FAMILIES COMMUNITY BASED ORGANIZATION

FHF-CBO

Project Area

KAKAMEGA COUNTY, KENYA

1. Project Title:

Empower Her: Reducing HIV Vulnerability in Teenage Girls

2. Background / Problem Statement

Young girls face a disproportionate risk of HIV infection due to multiple, overlapping biological, social and economic vulnerabilities. Poverty, gender inequality, limited sexual and reproductive health (SRH) knowledge, and exposure to sexual violence increase their susceptibility. In the Luhya community Kakamega County, Kenya, young girls experience insufficient access to accurate HIV information, youth-friendly health services, and protection mechanisms. Addressing these root causes through education, empowerment, and supportive environments is essential to reduce new infections and promote healthy futures and families.

3. Overall Goal

To reduce HIV vulnerability among young girls through empowerment, education, and access to youth-friendly health services.

4. Specific Objectives

1. **Increase HIV and SRHR knowledge** among 400 young girls aged 10–24 through training and peer education.
2. **Empower girls economically** to reduce dependence and risk of transactional sex.
3. **Improve access to youth-friendly HIV prevention and testing services.**
4. **Strengthen community and parental support** for adolescent girls' health and protection.

5. Target Group

- **Primary:** Adolescent and young girls (ages 10–24)
- **Secondary:** Parents, teachers, community leaders, peer educators, and health workers

6. Project Activities

Activity Line	Specific Activities
A. HIV & SRHR Education	- Conduct community sensitization sessions and workshops on HIV prevention, SRHR, and life skills, Develop and distribute IEC (Information Education, Communication) materials in local languages, Establish peer education clubs in schools and communities.
B. Economic Empowerment	- Train young girls in vocational and entrepreneurship skills (e.g., tailoring, hairdressing, beadwork), Provide start-up kits or link beneficiaries to microfinance opportunities, Conduct financial literacy sessions.
C. Access to Health Services	- Partner with local clinics for HIV testing, counselling, and referral services, Organize health outreach days offering HIV testing, contraceptive counseling, and STI screening, Train youth-friendly health providers.
D. Community & Parental Engagement	- Hold dialogues with parents, traditional leaders, and boys on gender norms and HIV prevention, Train community champions and mentors, Use radio and social media campaigns to reach broader audiences.
E. Monitoring & Evaluation	- Conduct baseline and endline surveys, collect success stories and lessons learned, Regular progress reports and review meetings.

7. Expected Outcomes

1. Increased knowledge and awareness about HIV prevention and SRHR among young girls.
2. Reduced cases of transactional sex and early pregnancies.
3. Improved access to HIV prevention and testing services.
4. Strengthened community support systems that protect girls from HIV-related vulnerabilities.

8. Monitoring and Evaluation Plan

Indicator	Means of Verification	Frequency
% of girls demonstrating correct HIV prevention knowledge	Pre- and post-training assessments	Quarterly
# of girls accessing HIV testing or SRHR services	Clinic and outreach reports	Monthly
# of girls trained in economic empowerment	Training attendance lists	Quarterly
# of community dialogues held	Activity reports	monthly
Qualitative stories of change	Case studies	Annually

9. Project Duration

12 months

10. Implementation Partners

- Local health facilities
- Ministry of Health / Youth / Gender

- Schools and community-based organizations
- NGOs working on HIV and gender issues
- Community leaders and women’s groups

11. Sustainability Plan

- Trained peer educators to continue awareness activities.
- Link girls to ongoing government and NGO empowerment programs.
- Strengthen collaboration with schools and health centers for continuous SRHR education and services.
- Establish a community youth fund to support vulnerable girls in business or education.

12. BUDGET (12 MONTHS)

Budget Line	Description	Cost (USD)
1. Personnel / Facilitation	Project coordinator, facilitators, peer educator stipends	4,500
2. Training & Workshops	10 SRHR & HIV awareness workshops (materials, venue, meals, transport)	3,000
3. Economic Empowerment Activities	Vocational training & start-up kits for 50 girls	4,000
4. IEC Materials	Posters, flyers, radio spots, social media content	1,200
5. Health Outreach & Services	HIV testing days, mobile clinics, provider training	2,500
6. Monitoring & Evaluation	Baseline survey, endline survey, reporting	1,800
7. Community Engagement	Parental dialogues, community forums, media outreach	1,200
8. Administration & Logistics	Transport, communication, office supplies	1,500
9. Contingency (5%)	Unforeseen costs	1,000
Total Estimated Budget		20,700 USD

13. Conclusion

This project will empower young girls with the knowledge, confidence, and opportunities to make informed life choices, reducing their vulnerability to HIV and its related social challenges. By combining education, empowerment, and community involvement, it lays a foundation for long-term health and gender equality.