



CONCEPT NOTE

Thrive Lagos Youth & Wellness Outreach

Medical Screening, Wellness Education, Hope Packs, and Youth Laptop Impact

A donor-ready youth health and digital access project concept for Lagos, Nigeria

Project Title	Thrive Lagos Youth & Wellness Outreach
Prepared By	Dr. Peter Haastrup, Board of Directors, Favored Generation
Implementing Organization	Favored Generation (www.favoredgeneration.org)
Funding Target	USD 30,000 (indicative project target)
Target Period	July 2026 - June 2027
Target Location	Lekki Epe Sangotedo Ajah Axis Lagos
Target Group	JSS 3 - SS3 students, ages 14-17
Expected Reach	600-900 students from 30 secondary schools, plus teachers, parents, volunteers, and limited community members

Prepared for donors, institutional partners, corporate supporters and community stakeholders committed to youth wellness, preventive health, digital inclusion and practical community impact in Nigeria.

1. Executive Summary and Organizational Profile

Thrive Lagos Youth & Wellness Outreach is a youth-focused health, wellness, and digital inclusion project designed to reach secondary school students in Lagos, Nigeria. The project will provide free preventive health screenings, wellness education, student Hope Packs, music-based engagement, and selected laptop support for students who face barriers to health information and digital learning tools.

The outreach will engage approximately 600-900 students from 30 secondary schools, with limited participation from teachers, parents, and community members. Students will receive basic screening support such as vital signs checks, vision screening, blood sugar testing where consented, and age-appropriate breast health and Breast Self-Examination (BSE) education. The project will also strengthen school-community referral pathways for participants whose screening results indicate a need for follow-up care.

The Youth Laptop Impact component will provide selected students with laptops and digital access support to improve learning, digital literacy, and future readiness. The project combines immediate support with longer-term empowerment by helping students understand their health, build healthy habits and access tools that support education and opportunity.

Project purpose: To improve health awareness, support early identification of basic health concerns, expand access to digital learning, and create a positive, youth-centered outreach model that can be replicated in Lagos and other communities.

About Favored Generation

Favored Generation is a registered non-profit organization operating in the United States and Canada. The organization empowers youth, strengthens families, and serves communities through practical outreach, mentorship, education, music, wellness initiatives, and community support programs.

Favored Generation's work includes renewal gatherings, youth mentorship, mental health and life-skills activities, Hope Kits, community outreach and the Youth Impact Laptop Program. Its programs serve youth, families and vulnerable communities across North America, Africa and beyond, with an emphasis on dignity, compassion, partnership and measurable impact.

Summary Profile	Details
Project title	Thrive Lagos Youth & Wellness Outreach
Lead organization	Favored Generation
Target population	Secondary school students ages 14-17, teachers, parents, and selected community members
Primary themes	Physical Health, Education, Digital Literacy, Food Security
Indicative budget	USD 30,000
Core components	Medical screening, wellness education, BSE awareness, Hope Packs, music engagement, laptop donations, and referral follow-up

2. Situation Analysis and Problem Statement

Adolescents in Lagos, especially those in low- to middle-income communities, often have limited access to basic preventive health screenings such as vital signs checks, vision screening, and blood sugar testing. Many students and families also have limited awareness of breast health and Breast Self-Examination (BSE), while health concerns are often detected late or left unmanaged.

At the same time, a significant digital divide persists. Many secondary school students lack regular access to laptops and reliable internet, limiting their ability to complete schoolwork, build digital literacy, and prepare for future employment or entrepreneurship. Schools often lack the resources to organize comprehensive health screening days or structured digital empowerment initiatives.

This project addresses both gaps by taking health screening, wellness education, and digital empowerment directly to students in a safe, youth-friendly and school-linked setting.

Key Community Concerns

- Limited preventive health screening for adolescents in low- to middle-income communities.
- Low awareness of non-communicable disease risk factors and basic wellness practices.
- Limited age-appropriate BSE and breast health education for students and families.
- Digital exclusion caused by lack of laptops, internet access and structured digital support.
- Weak referral follow-up when students or families discover possible health concerns.
- School resource limitations that prevent regular health and digital empowerment programming.

Problem Statement

Secondary school students in Lagos lack reliable access to preventive health screening, wellness education, and digital learning tools. Without targeted support, students may miss early warning signs of health issues, remain uninformed about practical wellness steps, and continue to face barriers to learning, digital literacy, and future opportunities.

Core assumption: Early screening, health education and digital access support can help students take timely action, improve learning participation and strengthen long-term youth readiness.

3. Project Goal, Objectives, and Target Beneficiaries

Overall Goal

To improve health awareness, early detection of basic health concerns, and digital opportunities for secondary school students in Lagos through an integrated Medical Screening Outreach and Youth Laptop Impact Program.

Specific Objectives

- Screen 600-900 students from 30 secondary schools for vital signs, vision, and blood sugar, with consent.
- Provide age-appropriate breast health and Breast Self-Examination (BSE) education to participating students.
- Distribute more than 600 Hope Kits containing practical care and wellness support items for students.
- Provide a music and wellness engagement segment that reinforces positive connection, confidence and resilience.
- Award laptops and digital access support to selected students through the Youth Laptop Impact Program.
- Document referral pathways for participants with concerning screening results and encourage follow-up care.
- Collect attendance, screening, referral and feedback data to improve future programming and demonstrate impact.

Priority Beneficiaries

Beneficiary Group	Why They Are Prioritized	Support Package
Students ages 14-17	Primary group: limited access to screening, wellness information, and digital tools.	Screening, health education, Hope Kits, laptop opportunity, referrals.
Teachers and school counselors	They support student wellbeing and referral follow-up in schools.	Health education exposure, referral information, school-level coordination.
Parents and families	Families benefit when students identify health concerns early and access learning tools.	Referral information, health awareness, and indirect household benefit.
Laptop recipients	Selected students facing digital access barriers.	Laptop, internet support, orientation on responsible digital use.
Community members	Limited number of adults and youth may access basic checks if supplies allow.	Vital signs, blood sugar, or vision screening and referral guidance.

Target Location and Selection Approach

The outreach will take place in the Lekki Epe Sangotedo Ajah Axis, Lagos, Nigeria. Schools will be engaged through formal invitations, consent processes, and coordination with school leaders. Priority will be given to secondary school students from low- to middle-income communities and students who may face barriers to health screening or digital access.

4. Intervention Strategy and Activity Components

Favored Generation will implement an integrated youth wellness model that combines preventive health screening, practical student support, music-based engagement, and digital empowerment. The design is intentionally practical: students receive immediate screening and care support while selected students receive digital tools that can affect education beyond the event day.

Component 1: Medical Screening Stations

Operate vital signs, vision, and blood-sugar testing stations for students and a limited number of community participants. Medical personnel will review concerning results and provide referral notes where needed.

Component 2: Breast Health and Wellness Education

Provide age-appropriate BSE education, basic wellness information, and practical guidance on when to seek help. Educational materials will be student-friendly and culturally respectful.

Component 3: Hope Kits and Student Support

Distribute Hope Kits with practical care items such as hygiene supplies, health materials, and student support items. The goal is to provide care with dignity and reduce barriers to participation.

Component 4: Youth Laptop Impact Program

Manage an application and selection process for laptop recipients. Selected students will receive laptops, digital access support, and orientation on responsible use, online safety, and learning opportunities.

Component 5: Music and Community Engagement

Include live music and a wellness conversation to create a positive, youth-centered environment that encourages connection, hope, confidence and participation.

Component 6: Referral and Follow-Up

Provide on-site counseling and referral guidance for students or participants with abnormal or concerning screening results. Schools and families will be encouraged to support follow-up care.

Component 7: Monitoring, Evaluation, and Learning

Track attendance, screenings completed, referrals issued, Hope Packs distributed, laptops awarded, volunteer participation and participant feedback. A final report will be shared with donors and partners.

Phase	Key Activities	Deliverables
Months 1-2	Partnerships, planning, school engagement, and consent preparation.	Confirmed schools, partner roles, volunteer plan, supply list.
Months 3-5	Procurement, volunteer recruitment, laptop application setup, vendor quotes, and referral pathway mapping.	Purchased supplies, recruited a team, published a laptop application, and managed referral contacts.
Month 6	Final event readiness: assemble Hope Packs, confirm schools, train volunteers and finalize event flow.	Ready stations, supplies, volunteers, and run sheet.
Event Month	Deliver full outreach: registration, medical screening, BSE education, Hope Packs, music/wellness session, and laptop awards.	600-900 students reached, screenings completed, Hope Packs distributed, laptops awarded.
Months 7-12	Follow-up, reporting, referral tracking, learning review, and planning for replication.	Donor report, referral summary, lessons learned, future model.

5. Implementation Plan, Safeguarding and Risk Management

Implementation Principles

- **Dignity:** Students and families will be served respectfully and without stigma.
- **Consent and confidentiality:** Student participation will follow school and parent/guardian consent processes; individual health information will not be shared publicly.
- **Do no harm:** Event flow, screening areas and referral communication will be designed to protect safety, privacy and wellbeing.
- **Inclusion:** The program will serve students based on need and school participation, not religious affiliation, ethnicity or background.
- **Accountability:** Favored Generation will maintain budget records, attendance lists, screening summaries, referral documentation and donor-facing reports.

Staffing and Roles

Role	Primary Responsibility
Program Director / Lead	Overall leadership, partner relations, budget approval and donor engagement.
Program Manager	Day-to-day coordination, timeline management, school communication and oversight.
Field/Logistics Coordinator	Venue setup, transport, supplies, station layout, power and crowd flow.
M&E / Data Officer	Registration tools, screening data, feedback collection and final reporting.
Clinical Lead and Medical Team	Clinical protocols, screening oversight, result review and referral guidance.
Volunteer Coordinator	Volunteer recruitment, briefing, station support and participant movement.
Music/Wellness Team	Live music, wellness conversation and youth engagement activities.
Communications/Media Officer	Photos, video, storytelling and donor updates with consent safeguards.

Risk Management Matrix

Risk	Potential Effect	Mitigation Strategy
High participant volume	Crowding, delays, and safety concerns.	Staggered school arrivals, clear station flow, volunteer ushers, and crowd management.
Consent gaps	Students may be unable to participate in some screenings.	Use clear consent forms and school communication before event day.
Abnormal screening results	Participants may need follow-up care.	Referral desk, written referral notes, and coordination with schools/families.
Supply price changes	Budget pressure and reduced quantities.	Vendor quotes, flexible procurement, and contingency within line items.
Data privacy risks	Misuse of student or health data.	Confidential forms, limited access to records, and no public disclosure of individual results.
Power or equipment failure	Disruption to sound, registration or screening operations.	Backup power, tested equipment, and paper-based alternatives.

6. Monitoring, Evaluation, Learning, Sustainability and Budget

Monitoring and Evaluation Framework

Key Indicator	Target / Assumption	Means of Verification
Schools engaged	30 secondary schools invited and participating.	Invitation letters, confirmation list, school attendance records.
Students reached	600-900 students registered and screened.	Registration forms, attendance lists, screening summaries.
Screenings completed	Vital signs, vision, blood sugar where consented and BSE education delivered.	Station records, screening forms, education logs.
Hope Packs distributed	600+ Hope Packs distributed to students and/or participants.	Distribution logs, photos where consented, inventory records.
Laptop support provided	Selected students receive laptops and digital access support.	Application records, award list, recipient acknowledgements.
Referrals issued	Participants with concerning results receive referral guidance.	Referral register, follow-up notes where available.
Participant feedback	Feedback collected from students, teachers, volunteers and partners.	Feedback forms, debrief notes, final report.

Learning and Reporting

Favored Generation will prepare donor updates, a short final report, financial summary, photos and beneficiary stories where consent and safety allow. The final report will summarize students reached, screenings completed, Hope Packs distributed, laptops awarded, referrals issued, volunteer engagement, lessons learned and recommendations for replication.

Sustainability and Next Steps

- Provide schools with digital copies of health education materials and encourage ongoing wellness discussions.
- Strengthen referral links with clinics and hospitals for students needing follow-up care.
- Connect laptop recipients to digital literacy guidance, responsible use education and future mentorship opportunities.
- Document the outreach model so that future youth wellness and laptop impact programs can be adapted for other Nigerian cities.

Indicative Budget Summary

Budget Line	Amount (USD)	Purpose
Coordination and project management	\$2,100	Project planning, school engagement, partner coordination, and day-of oversight.
Medical personnel and professional fees	\$3,800	Doctors, nurses, lab technicians, optometrists, and health educators.
Medical screening supplies and equipment	\$4,200	BP machines, thermometers, scales, blood sugar kits, PPE, vision charts, sharps disposal and BSE materials.
Youth Laptop Impact Program	\$7,000	Laptops, internet/data support, laptop sleeves, certificates, and digital access orientation.
Hope Packs and student wellness supplies	\$5,500	Care items, hygiene products, health information materials, and student support packs.
Food, water, and refreshments	\$2,400	Meals, snacks, and water for students, teachers, volunteers, and the project team.
Venue, logistics, transport, power, and security	\$2,200	Venue setup, canopies/tables/chairs, generator fuel, transportation, security, and sanitation.
Music and wellness program content	\$1,000	Live music support, youth engagement, and wellness conversation costs.
Printing, communications, and media documentation	\$900	Consent forms, banners, signage, photography, videography, and donor storytelling.
Monitoring, evaluation, referral follow-up, and reporting	\$900	Data tools, feedback forms, referral tracking, report writing, and donor accountability.
Total indicative request	\$30,000	Flexible donor target; final scale will depend on funds received, vendor quotes, and in-kind support.

Cost Effectiveness and Accountability

The indicative budget is designed to be flexible because prices for supplies, technology, food, transportation and logistics can change. Favored Generation will prioritize value for money, local procurement where appropriate, clear documentation, donor reporting, and responsible stewardship of funds. The project can scale upward or downward based on available funding and in-kind support.

7. Reference Page and Source Notes

The project is supported by evidence showing that adolescents benefit from accessible, youth-friendly preventive health services, early screening, health education, and clear referral pathways. Research in Nigeria has identified adolescent risks related to impaired fasting glucose, hypertension, and limited preventive health access. Studies also show that breast health education can improve BSE knowledge among adolescent girls. In addition, research on Nigeria's digital divide shows that limited access to laptops, internet, and digital skills restricts students' learning and future opportunities. These findings support the project's integrated model of medical screening, wellness education, BSE awareness, referral support, and youth access to laptops.

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5. UNICEF Nigeria. (2025). *Connecting every child to digital learning*. UNICEF.

Internal project source

Thrive Lagos Youth & Wellness Outreach 2026-2027 - Full Outreach Package

Key Project Facts

- Funding target: USD 30,000.
- Target period: July 2026 - June 2027.
- Target beneficiaries: 600-900 students from 30 secondary schools, JSS 3 - SS3, ages 14-17.
- Core activities: medical screening, BSE education, music and wellness programming, Youth Laptop Impact Program, Hope Kits, referrals and monitoring/reporting.
- Primary alignment: SDG 3 - Good Health and Well-being; SDG 4 - Quality Education; SDG 10 - Reduced Inequalities; SDG 17 - Partnerships for the Goals.

Note: Final project figures will be adjusted after vendor quotes, confirmed school participation, confirmed laptop quantity, confirmed Hope Kit contents, and any in-kind partner support are finalized.