

EMPOWERMENT DRIVE

HERI JUNIOR SCHOOL

19TH JUNE 2022



NIPE TABASAMU NIPE UPENDO SPONSORED BY WE
ONE ACTION NETWORK

INTRODUCTION

We kick-started the day with a word of prayer from Mercy followed by a brief introduction of Nipe Tabasamu Nipe Upendo Initiative and the reason for the visit.

Next, the members of our partner organizations introduced themselves and the organizations they represented.

Finally, the Heri Junior teachers introduced themselves and formally extended a welcoming hand to everyone present.

Activities of the day

- Introduction to the Girls / Team Members
- Praise and Worship session led by the Students.
- Brief introduction session on why we were at Heri Junior School.
- Presentation by Carol WOAN
- Ice breaker led by Tugi Grace
- Tree planting session led by Elijah Mondiri
- Mentorship Sessions/ Students divided according to classes e.g., classes 6,7 and 8
Topics to be Discussed
 - *Sex Education*
 - *Menstrual health*
 - *Careers and Life skills*
 - *Self Esteem*
- Distribution of panties and Boxers to the kids according to their respective sizes.
- Ice breaker by Cliveson Amalemba.
- Group Presentations according to the classes
- Dancing Competition between mentors and students led by Tugi grace
- Presentation of Donations led by Mercy NTNU
- Vote of thanks from Head girl Heri Junior School, Teacher Heri Junior School, Sheila Former Volunteer at Heri Junior School/NTNU, Carol WOAN and Mercy NTNU.
- Closing Prayer by Joyce NTNU
- Debrief Session with Mentors led by Hashu Davansi.
- Group photos/Videos of Vote Of Thanks.



Detailed Description

After the Introduction Sessions, We had a Tree planting activity led by Elijah Muindi (NTNU). Elijah therefore proceeded and gave the students a brief on how to plant a tree, The importance of planting trees, and how and why we should take care of our environment.

The Empowerment drive happened in Honor of World Menstrual Hygiene Day 2022 which was observed on May 28th.

Even in the 21st century, several women and young girls do not have access to proper menstrual knowledge and hygiene infrastructure, including sanitary napkins, clean toilets, or even safe disposal.

As per MH Day 2022 theme "Making Menstruation a normal fact of life by 2030"- the Empowerment drive was meant to Empower both girls and boys of Heri Junior Academy by donating both girl and boy care packages.

We opted to involve the boys/men in menstrual talks so as to rewrite the narrative around period talks.

We had candid conversations with both the boys and girls on the topics below:

- Sex Education
- Menstrual Health
- Personal Hygiene
- Self Esteem
- Careers & Life Skills

After the sessions, the students had a chance to present what they learned throughout the mentorship sessions.

The above talks were centered on four (4) main Sustainable Development Goals:

- SDG 3 – Good Health and Well Being
- SDG 4 – Quality Education
- SDG 5 – Gender Equality
- SDG 13 - Climate Action

Who took part?

The whole event was initiated and spearheaded by Nipe Tabasamu Nipe Upendo (NTNU) Initiative.

We One Action Network was our chief partner and main sponsor for the event.

Other partners who played a pivotal role in the event include:

- Awoche Foundation
- Spice Warriors Kids
- Taifa Teule Leadership Forum
- Peace Maker International
- Beyond the Sun
- Kenya Youth For Christ

Finally, we would like to extend our sincere gratitude to the **Bold phase Initiative** for donating 50 packets of Sanitary Towels.

Quotes

- I. “To create a world where no women or girl is held back because they menstruate, by 2030
- II. “The use of sanitary pads and the dos and don’ts should be discussed with openness so as to make a hygienic and healthy life for the women.”-- Manushi Chhillar
- III. “When we plant trees, we plant the seeds of peace and seeds of hope. We also secure the future for our children.”

Outcome

The young girls were challenged to speak up when having any menstrual health related issues, Abstain and love themselves more. The boys were encouraged to support Girls during their Periods rather than stigmatizing them. There is need to go back to Heri junior school for more



discussions in regards to sex education as we realized some of the kids are sexually active.

No. of people present

NUMBER OF STUDENTS

Male=112

Female=129

Total=241

NUMBER OF TEACHERS PRESENT

Male=4

Female=7

Total=11

NUMER OF MENTORS/VOLUNTEERS ATTENDED

Male= 17

Female=23

Total= 40

Conclusion

The activity was concluded by sharing snacks and a cake-cutting session.

We also had a photo session with the girls after distributing the Sanitary Towels.

Recommendations

The following are the recommendations that were largely visible on that day;

- i. I would recommend if we could have more sessions especially on Sex Education and Life skills generally. Have Panel Discussions and let the kids come up with questions and Topics they would love us to handle. ii. Have more programs tackling issues/challenges young girls and boys face in our communities, this helps us understanding them more and providing workable solutions according to what they are going through.

Donations

We received various donations from our members, different organizations, and individuals; which include;

- 50 packets Sanitary Towels – Bold phase Initiative
- Sack full of Swimming costumes for both girls and Boys (Awoche Foundation/NTNU)

- Sack full of Clothes – Peter (NTNU)
- Dozens of Panties and Boxers – (Daphne NTNU)
- Tree Seedling – Elijah (NTNU)
- 3 Boxes Of Biro pens – Madaga (NTNU)

Pictorial





For more images