

# YOUTH EMPOWERMENT REPORT

SEMINARS AND TALKS | SEPTEMBER AND OCTOBER 2020 | REPORT



## INTRODUCTION

Owing to the fact that children now in Kenya are still at home with the exception of candidate classes, that is, grade four, grade eight and the form fours who reported back to their respective schools on 12.10.2020, there is need to focus on the ones still at home. Knowing very well that children always go for what they are self-driven to do, two important talks were organized to directly speak to the youth.

The first was the Health talk targeting the girl child and the second one was the Mental health and suicide talk which targeted the boy child.

## TARGET GROUP

The target group for the first event was girls from the ages of 14-35 from the area of Mukuru kwa Ruben slums.

The target group for the second event was boys from the ages of 11-18 from the area of South C and its environment, mostly slum kids involved in the sporting activities in YMCA, South C.

## INTRODUCTION

Background

## BODY

1. Girl-child event
2. Boy-child event

## CONCLUSION

Acknowledgement

### THE GIRL-CHILD EVENT

As the world commemorated the international day of the girl, around 300 girls benefitted from the Sexual Reproductive Health talk, Menstrual Hygiene Management training and sanitary equipment distribution which took place in Mukuru kwa Ruben slum.

This aimed to empower the female gender by recognizing girls' rights and the various challenges girls face. More emphasis was put on the vulnerabilities of women as they undergo their cycle into motherhood (menstrual) and the health risks that come with it. Peer pressure, sex, drug use and abuse, teenage pregnancies, careers and education were also covered.

Sanitary towels (pads) were issued to each girl plus inner clothing (pants) and a bar of soap.



*Girls receiving their sanitary pads*



*The girls after receiving their pads panties and soap*



*Anne, our Admin talking to her assigned group*



*Joel, our Social Worker talking to his group of girls*

### THE BOY-CHILD EVENT

As the world celebrated World Mental Health Day, we remembered the almost forgotten gender, the boy-child. More than 50 boys profited from Mental health and Suicide talk.

We grouped them in terms of ages where the young ones, ages 11-14years had a range of topics from adolescence to body changes to social relationships and emotions plus a biblical review about suicide. The older ones had topics including childhood trauma, romantic rejection, self-esteem, social rejection, drug addictions, and domestic violence.

Main aim was to highlight the importance of mental health, factors compromising it and ways to deal with the various mental illnesses.



*Joel, our Social Worker talking to the young group of boys*



*The older boys having a discussion with their facilitators*



*Anne, our Admin, facilitating the talk with her group*



*The boys enjoying their snacks after the talk*

**Acknowledgement**

Our sincere gratitude and appreciation goes to Ts Care, our partner Organization and all our supporters out there for enabling us to have these events. We are truly grateful to you for being able to support the girls with basic sanitary products. May God bless you!

**ASANTENI SANA!**