



Building More  
Resilient Communities



# NEWSLETTER

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Resilient Woman of Africa



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## VISION

We envision a safe society where women and girls live up to their full potential.



## MISSION

To equip women and girls with tools to deal with harmful practices and attitudes that keep them disadvantaged by creating awareness, training, mentorship and advocacy through partnerships and collaborations

## Word from the Founding Director....



**T**he advent of Corona Virus has affected many aspects of our lives and the world including Resilient Woman's Programs. We could not hold our regular meetings with mentors and mentees, to support women going back to their communities from prison.

As a result of a 9-months school closure, a COVID 19 containment measure, there was a growing number of school girls falling pregnant over this period of time across the country.

The Maasai community that we serve has not been spared. They approached Resilient Woman and requested us to

have conversations with the teens on sex education and reproductive health and that is how the Sexual and Reproductive Health Teens Training Program Phase 1 was born. The training was based on the Creating Positive Relationships (CPR) curriculum to communicate an age-appropriate sex education.

**The Education sponsorship** program continues, thanks to the generous donations from our supporters. We currently have 24 children in the sponsorship program, 15 girls and 9 boys. 18 of them in high school and 6 of them in primary school.

**The mentor a sister** program supporting women that are transitioning prison program with mentorship and trauma management training that also includes outreach to prisons to minister to women in prison and provide material support for children living in prison with their mothers

The **Menstrual Hygiene Management** program focuses on menstrual hygiene education and distribution of sanitary towels. On the 28th of May 2021, we celebrated the Menstrual Hygiene day by partnering with Malkia Initiative for menstrual hygiene educations and later distribution of sanitary pads.

# COMMUNITY PROJECTS

## There is life after prison

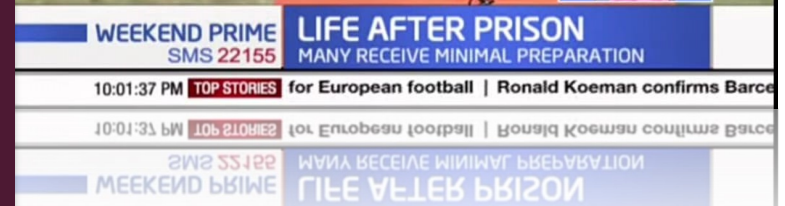
31st January 2021 was a special day for the Resilient Woman fraternity. The impact of our work on women transitioning from prison was featured in one of the largest media stations in Kenya. In a 9pm, prime time bulletin, the station aired the story Jane Koitee - one of the mentees, in a special program titled “Life After Prison”.



The program aimed at creating awareness among the citizens of Kenya and beyond, on the need for ex-convicts to be embraced, accepted and supported on their journey of reentry into the society as they endeavor to reconnect with their families and communities and meet the basic needs of their children.

Jane appreciates the support accorded to her.

Watch the full interview: <https://www.standardmedia.co.ke/ktnnews/ktn-prime/video/2000204681/life-after-prison-meet-jane-koitee-an-ex-convict-now-thriving-well-re-integrated-back-into-society>



## Teens program phase 1

### Goal Setting

Goal setting is a crucial aspect in every person's life. The earlier it is learnt, the better it is for someone to embrace it as a practice. On this day, the teens were taught on the importance of goal setting, types of goals and how to guard their goals to be able realize them



Each mentee was asked to write down some of their goals on a balloon. The vulnerability of the balloon was a reminder of the vulnerability of their goals and just like the balloon, should be handled with caution.

### Multiple sex partners? It is Yuckyyyy

On this day, the mentees were taken through a session on the social, physical, emotional and spiritual consequences of engaging in sexual behavior at the wrong age and time as well as the danger of having multiple sex partners. The demonstration, which enhanced the learning by the mentees, involved volunteers eating cookies and spitting the mix up of cookies and saliva in a cup and mixing with the next person! Yuck! Each cup

was a symbol of an STI.

## Timeline Demo

A demonstration to encourage and challenge the students that the time to wait for appropriate sex is short and worth compared to the time one spends in marriage. Hence, the pain of waiting is nothing compared to the pain of regretting. This important demo was essential to let them learn that this short amount of time , decisions are made



## Menstrual Hygiene Day

On 28th May, the Menstrual Hygiene Day, Resilient Woman partnered with Malkia Initiative, to celebrate the day. The day was marked by an intensive session on matters menstruation with the teens at Maasai Manyatta. The session which included boys was an open forum, facilitated by the founder and CEO of Malkia Initiative, an

organization aimed at creating awareness on menstruation matters, mentoring young girls and playing advocacy roles which include anti-FGM and early marriages in Kajiado County.

A special thank you to the supporters and donors who helped to finance a 14 months supply of sanitary pad for 33 girls , 5 panties for each of the girls and 6 inner wears for each of the 3 boys.





An intensive session with Malkia Initiative, on Menstrual Hygiene Management.



Jedidah Lemaron, sharing with girls on how to maintain highest form of hygiene during menstruation, to avoid infections.



A group of very excited mentees posing for photos with a display of different sanitary pads.

## Talent Search

Talent search is at the core of the Teens Mentorship Program. The teens got an opportunity to do various activities to understand and gauge their interests and strengths. The activities included:

- \* Playing Football
- \* Drawing
- \* Dancing





# BEST WISHES TO OUR MENTEES

Congratulations to the mentees who have successfully transited to the next phase of their education.



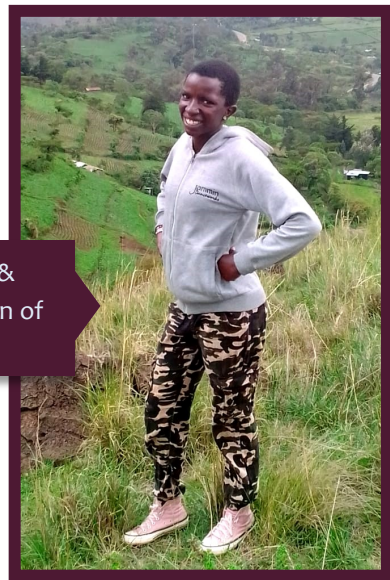
Girls from Chemasingi Secondary School receiving sponsorship



Mentor Flo presenting success card made by the teens to a candidate ahead of their national exams.



Best wishes to Cornel Kipchumba & Jackie Chepkorir on the completion of their high school studies



Welcome Purity & Gaudencia into the education sponsorship program



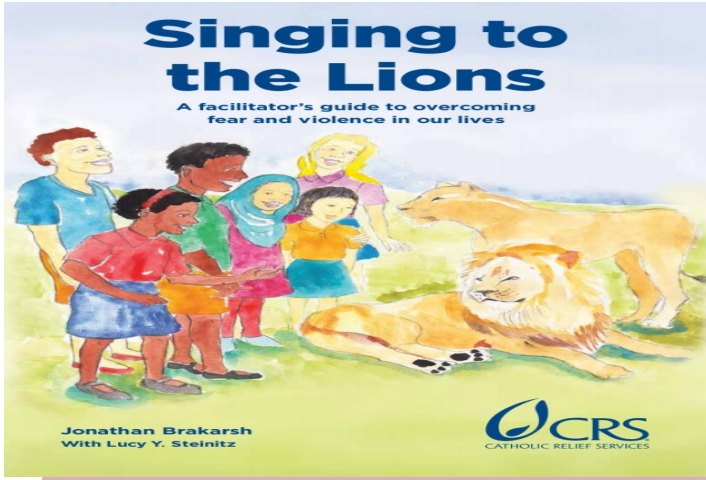
Mentors/trainers address parents during the end of phase two gathering that included parents

# Achievements

With the help of our partners, donors and volunteers, we have scaled heights.



PHASE 2



Singing to the Lions is a guide for children and adults who may have experienced any form of violence in their lives. The purpose of this program is to help children develop the necessary skills that they require to overcome and respond to violence within their communities. Violence is a phenomenon that

may be present at school or even at home hence children ought to be empowered on how to take care of themselves and their loved ones since the effects of violence are harmful. The facilitator's guidebook - Singing to the Lions entails six themes and within each theme there are various activities that the children are expected to participate in so that they can fully comprehend the lessons that are taught at each step. Violence, as understood and described in this guide, is the experience of emotional, sexual or physical abuse. For instance, bullying, child abuse, sexual exploitation, conflict among community members, domestic violence and child abuse.



**D**uring the six-module workshop, the children learned various skills that will help them to understand and identify the effects of violence in their lives and how to heal from those effects of violence. Also, the children learned skills that would enable them to respond effectively to current occurrences of violence and abuse, to seek for social protection and to resolve negative events that are part of their daily lives. Consequently, the workshop seeks to teach children to enhance their resilience and alter their circumstances. Some of the areas of skills and knowledge include self-calming techniques, ways to

identify and overcome violence, setting goals, positive self image and enhancing social connectedness. The modules included discovering who we are, understanding fear and violence, strengthening who we are, making connections and moving forward. As much as the workshop is mainly geared towards empowering children and the youth, adults can also benefit from these lessons and learn how to manage anxiety and live more fulfilling lives.



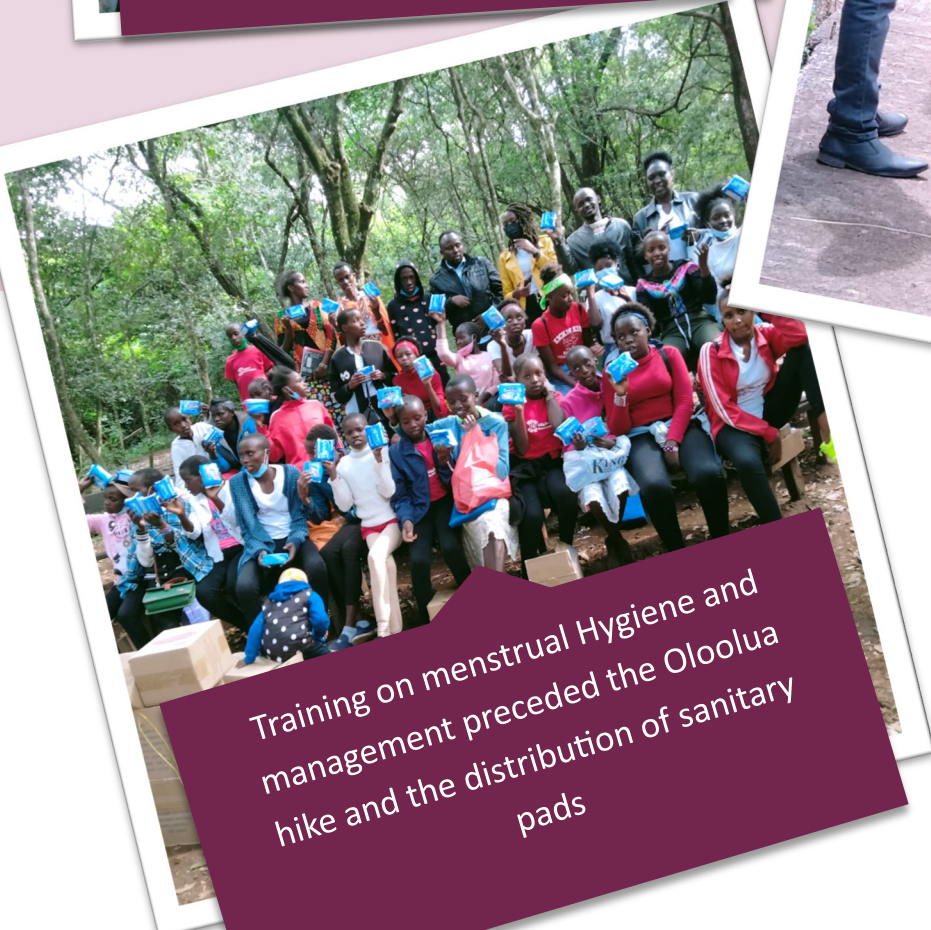
During a training session children create success cards for their pals ahead of their class eight exams



Highlight of mentorship session with —Vicky



volunteers during the hike



Training on menstrual Hygiene and management preceded the Ooloola hike and the distribution of sanitary pads

# What in the next phase?

## Needs assessment and recommendations for the next phase.

On the 11th of September 2021 , a meeting involving the trainers/mentors was held that was aimed at assessing the needs of the teens who we have been in the mentorship program for the last one year. This is based on our interaction with them in phase one, that was based on Creating Positive Relationships (CPR) and phase 2 that was based on Singing to the lions

The following were identified as needs for the next phase.

- Interpersonal relationships and etiquette
- Personal discipline focusing on their academics
- Need for enhanced public speaking skills and self-expression that the team thinks will be achieved through a book club.
- Parent's involvement - role of parent in sustaining the gains of the teens program

## Implementation and approach

Relevant books for the various age groups and grades will be acquired. The execution of the book club will be integrating the aspects of personal discipline with a focus on the teens' studies/academics while applying lessons learned from phase one and two.

The talking circles will be employed to empower and give voice to the children as well as to gauge their thinking on various topics .

We hope to achieve the following goals with the book club initiative: -

- Instill reading culture
- Improve their English Language
- Enhance their ability for self-expression and public speaking.

## Indicators of progress

- Children can express themselves.
- They can recount what they have learned or read.
- Improved personal interactions marked with kindness, empathy honesty.

## A conversation with parents on parental influence and involvement

We cannot underestimate the power of parental influence in the life of children. Their role to motivate, build self esteem and to inspire certain behavior cannot be overemphasized.

Our assessment reveals a missing link - parental involvement and so in November/ December, we plan to bring together parents - men and women and have a conversation with parents on their role and

influence on their children and how that role can be executed to model certain behavior for the teenagers. This because we learned that on one end we are building the self esteem of the teens on the other hand parents unintentionally undo what has been built through words, actions and interactions with the teens.

We will hold separate meetings in order to respect the culture where men and women do not sit together.

## You can support...

- 1) to keep a child in School - we support children affected by parental imprisonment and those living in difficult circumstances
- 2) training sessions for teens
- 3) purchase of sanitary materials and Menstrual Hygiene education
- 4) mentorship sessions and coordination of mentorship program for women transitioning prison
- 5) Materials for children in prison with their mothers - cloths, sanitary items - soap, body oil,
- 6) Training of mentors/ trainers

# God bless our esteemed supporters





# Thank You for your generous contribution

Dr Mary Mugo

Mary Okello-Gichovi

Sarah Matende

Kagendo Mba

Katyana Szabo

Fridah Kagwiria

Anita Calmore

Grace Thuku

Jane Ndungo

Rose Muthui

Holly

Wairimu Thuo

Serena Wanjirũ

Lilian Ngigi

Purity Muthoni

Lucy Wanjiku

Hanna Kamau

Kimfay EA Africa

Karen Chela

Florence Nzau





We provided *32 girls* with *one* years supply of sanitary pads and *3* panties each.

*Thank you*