UNLEASHING THE POTENTIAL OF ADOLESCENT GIRLS
The Road of Achieving Sustainable Development

St. Thomas Vocational Secondary School
Bururuma, Rubirizi District

5th - 10th May
Report on:

GIRL TALK LEADERSHIP CAMP

THEME: UNLEASHING THE POTENTIAL OF ADOLESCENT GIRLS

The road of achieving sustainable development

Held in Rubirizi District from 5th – 10th May 2018 at St. Thomas Vocational Sec. Sch. Bururuma
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ACKNOWLEDGEMENT FROM THE TEAM LEADER

Action for Youth Development Uganda (ACOYDE) would like to express her sincere appreciation in a very special way to the many volunteer people, Civil Society Organizations, Private sector who made a contribution towards the success of the Girl Talk Leadership Camp in Rubirizi District a success. It helped to advance the girls ability towards achieving gender equality in the sustainable development Goals. Special thanks go to Umeme Uganda Limited, FOWODE, Together Alive, Raising Teenagers Uganda (RTU), FK Youth Mentoring Network, Reach a hand Uganda, Self Help Foundation (SHF), Girls Not Brides (GNB), and PSI Uganda, KYADNET, Stanbic Bank Uganda. We also thank the following people for the tremendous financial, guidance and technical support provided Mr. Josephate Machete, The Accounting General of Uganda and Mr. Farid Karama.

We greatly appreciate the Rubirizi District Local government for accepting us to work with their girls in schools and their staff. Special thanks go to the Chief Administrative Officer (CAO), The Chairperson LC5, the Community Development Office, the officer in charge of special needs, the school inspector, the Sports officer, the District Police Officer and the entire Rubirizi Community for the endless support and good operating environment to deliver the Girl Talk Leadership camp in Rubirizi District.

We wish to thank the core team of experts, volunteer facilitators for working together tirelessly to ensure that this camp happens despite challenges. Namely Sharifa Kibirango, Adrine Katusiime, Charles Tumwebaze, Ms Diana Nannono, Ms Babra Cox, Thomas Moore Neema, Theopista, Clare Muga , Henry Waisswa, Sheila Abenitwe, Kato Smith, Aisha Faith, Sam Barigye, etc on behalf of Action for Youth Development Uganda, we were amazed by your passion, altitude, hard work and support towards making girl talk alive and a reality. We thank you very much for volunteering your time and knowledge to ensure the girl Talk camp is delivered and launched in Rubirizi District.

In a special way we take the honor to appreciate St Thomas Vocational School SS Bururuma for hosting the first camp. We appreciate all the services provided. We thank Rev. Fr Charles Niwagaba for the accommodation and space he provided to us, The Head Teacher and Deputy Head teacher, the teaching and Non-Teaching Staff, The students of St. Thomas Vocational SS for the good environment offered to their sisters during the Girl Talk Camp.

In a special way, ACOYDE would like to thank Ms Caroline Owashaba and Adrine Katusiime for the thought about the Girl Talk leadership Initiative. The center piece of the ACOYDE team work Mary Mutonyi, Ruth Nanyijuka, Smith and other ACOYDE stakeholders who worked as a team for this to happen.

Yours Sincerely,

Caroline Owashaba

Team Leader (ACOYDE)
1.0 INTRODUCTION

Action for Youth Development Uganda (ACOYDE) is a nonprofit organization, operating in Uganda with its head office in Mbarara. ACOYDE operates in south Western Districts of Uganda currently Mbarara district. ACOYDE was realized in 2010 to help young people get involved in the developmental processes of this country to help young people achieve their goals. It was realized to advocate for young people’s ideas through youth participation and promoting sexual Reproductive health and rights, civic education, entrepreneurship, gender and leadership and as well as other issues that are faced by the young generation in Uganda. Currently the organization is localizing the Sustainable Development Goals (SDGs) in the south western part of Uganda as it was officially adopted by 193 member states of the United Nations in September 2015 including Uganda. Its aim is to transform the world through the 17 goals. This is a political commitment to develop all UN member states with the theme “Leave No One behind”.

1.1 Background

Over the past years, findings from Rubirizi district by the Action for Youth Development and other Civil Society Organizations reveal that young women and adolescent girls have remained at a much higher risk of HIV infection and as a result, adolescent girls account for a disproportionate number of the new infections among young people. There is little information available about health information seeking behavior of adolescents in Rubirizi District. Coupled with this, out of school girls and uneducated girls are more at risk than those who have attained some education since they are more vulnerable to exploitation. Other studies revealed that educating girls is the most effective policy to rise over all societal social and economic challenges. The situation is made complex due to lack of information to address sexual and reproductive health needs and supportive environment due to cultural, community mindsets and insensitivity for challenges and needs for young people in schools and at home.

It is against this background that Action for Youth Development Uganda came up with the initiative of The Girl’s Talk leadership Camp to create change and develop the girl child in and out of school for social transformation through a 5 days training and mentorship program covering initial topics of Sexuality education, access and dissemination of information about and HIV/AIDS, leadership development, menstruation, Hygiene and Sanitation management, physical education, defensive life skills and personal development skills but also provide appropriate Financial Literacy training to enable young people utilize the opportunities around and ahead of them.

1.2 Training Participants

155 adolescent girls participated in the training aged 10-16 years selected from 17 Primary schools in Rubirizi District and 45 community stakeholders were also trained, this comprised of parents, teachers and community leaders.

1.3 General Objective

To create Social transformation among girls through purposeful training and mentoring.

1.4 Specific Objectives

1. To train girl ambassadors with the aim of equipping them with information, knowledge and information on HIV/AIDS, leadership and life skills, sexuality education, Menstruation, Hygiene and Sanitation, to enable them start Girl Talk leadership Clubs in their respectful schools in Mbarara District.

2. To train community leaders, School Teachers, law enforcers as role models who will be mentors to the girls and monitor the Girl Talk leadership Clubs as a mechanism of project sustainability.
3. To equip young girls with life skills like making re-usable sanitary among others as a means of enhancing their menstruation hygiene and to keep them in school.

To achieve the training objectives, the following learning principles where used;

- Self directed learning were the facilitators introduced concepts and discussed citing relevant examples
- Highly participatory that is both participants and facilitators were involved
- Experimental learning where facilitators were able to learn from participants through question and answer approach and sharing experiences
- Time was allowed for reflection and corrective feedback through administered evaluation forms, pre and post tests
- A mutually respectful environment was created between Trainers and participants as set clearly in the ground rules
- A safe atmosphere and comfortable environment was provided during the training

2.0  TRAINING METHODOLOGY

The Girl Talk Leadership Camp on “unleashing the potential of adolescent girls” used the following techniques;

- The participants were given pre-test evaluation forms to understand their level of knowledge on the girl talk leadership curriculum, and at the close of the day’s session, participants were given evaluation forms to rate what they like, what was done well, what didn’t go well and what can be done to improve.
- Facilitators used illustrations, pictures and relevant examples from the respective schools to convey information, explain theories and principles to the participants
- Case study scenarios were also used as a mode of delivering; this involved written description of real life situations for analysis and discussions and life stories shared by participants from the different schools
- Role plays was used with two or more individuals enacting parts in scenarios as related to the training topic or participants from a selected school
- Small group discussions was another mode of delivering the training as participants shared experiences, ideas and ways of solving problems collectively
- The girls were given post-test evaluation forms after the training session to evaluate the level of knowledge accumulated at the camp and before.
- Use of the interpreters and sign language teachers to explain to pupils with special needs during the girl Talk Sessions.

3.0 TRAINING PROCEEDINGS

3.1 Opening Remarks

The days training was officially introduced by Sheila from Kampala Youth Advocacy Network (KYADNET) who invited Caroline Owashaba the Team Leader for Action for Youth Development Uganda (ACOYDE). Ms Caroline officially welcomed the campers, gave an introduction on the girl talk leadership camp, its essence and how it will continuously impact the lives of girls in Rubirizi. She officially introducing the Girl Talk working team.
and their roles. Caroline later welcomed the Chairperson LC5 Mr. Silver Agubashongorora to give a key Note and welcoming Note.

Mr. Aguba welcomed all the Girls from the 17 schools from Rubirizi District and their senior women to the camp; he went on to officially welcome the Girl Talk Team to Rubirizi district. He further appreciated the school Management of St. Thomas Voc SS for having accepted to host the Girl Talk Leadership 2018. He said it’s not easy to host 200 people in one place however the Bururuma community has accepted to host.

He gave a brief background on how the girl Talk leadership camp idea was developed, from its inception, selection of schools, selection of participants, community mentors and the role of senior women in the Girl Talk Camp, to the planning meetings, and the actual camp.

He talked about the challenges affecting girls in Rubirizi District which included child dropouts, early marriages, child labor and abusive language, to create interventions we must increase the retention of the girl child in school, develop child ordinance order to ensure all children stay in school. Girls must be empowered both at home and at school to ensure that they become better citizens and leaders of this country.

The girls must appreciate this opportunity and use it to learn, acquire skills especially skills of leaving with others and oneself like self-esteem, confidence, avoidance, interpersonal etc. during the camp, Respect and tolerance for others.

He ended by officially welcoming everyone to Rubirizi District and wishing everyone the best of luck during the Girl Talk Leadership camp.

Caroline later introduced Hope Nankunda from Raising teenagers Uganda and Charlotte from Joy for children and Girls Not Bride Uganda Alliance (GNB). Charlotte gave a brief background about Joy for Children Uganda, Girls Not Brides Uganda Alliance and more so, explained what GNB does in the country. She said it’s the national consortium aimed at ending child marriage In Uganda and also ensuring Girls stay in School. She further emphasized that it’s the consortium of 73 organizations in Uganda who work with children especially Girls towards ending Child Marriages. She ended her brief introductions by wishing participants the best of deliberations during the Girl Talk Leadership Camp.

### 4.0 TOPICS COVERED DURING THE TRAINING

The training was structured in modules as follows;

#### 4.1 Leadership training Day One

Trainees in this case referred to as mentors were taken through the leadership concept, understanding social and transformative, they were taught about leadership, qualities of a good leader, life skills development and personal development goals. This was effectively delivered through active participation, role plays and group discussions. This training was delivered specifically to teachers, parents and community leaders as they serve as focal persons in the school and within the community, thus able to continue with mentorship. However during the training participants wanted to know when to be a leader, the facilitator responded that we should start nurturing our leadership skills from home, at school, at church etc, so that the young and youth grow knowing that they have a role and duty to play.

#### 4.2 Life skills

Life Skills are psychosocial competences which enable an individual to develop adaptive and positive behavior so as to deal effectively with challenges and demands of everyday life. The development of Life Skills is a lifelong process that starts in early childhood and continues throughout one’s life. Life skills are categorized
in three categories.

**CATEGORY 1: Skills of Knowing and Living with Oneself**
- Self awareness
- Self esteem
- Coping with emotions
- Coping with stress
- Self-Awareness.
- Charisma
- Building Confidence.
- Building Workplace Confidence.
- Self-Regulation | Self-Management.
- Self-Control.
- Confidentiality
- Time management skills,
- Assertiveness,
- Avoidance skills,
- Motivational skills that push us to achieve our goals feel more fulfilled and improve overall of life.

**CATEGORY 2: Skills of Knowing and Living with Others**
- Empathy
- Effective communication
- Conflict resolution and negotiation
- Friendship formation
- Assertiveness
- Peer pressure resistance

**CATEGORY 3: Skills of Effective Decision Making**
- Critical thinking
- Creative thinking
- Problem solving
- Decision making

The role play was done through the **self awareness session** because members needed to know their abilities, weakness and strength before moving forward to the next category. Self-awareness is the ability of an individual to understand oneself, one’s emotions, abilities, strengths and weaknesses. This self-awareness happens when an individual interacts with **others** and listens to comments made about them.

### 4.3 Mentorship

Mentorship was defined through the participatory way through group discussions and this is what was finally agreed upon by all the participants.

Mentoring is a relationship created by a more experienced and knowledgeable person to help to guide a less
experienced or less knowledgeable person. Other defined it as a way of mentoring less privileged person in reference to communication, knowledge, skills and guidance.

A **mentor** was described as that older or mature person in the community, school with more expertise in the specific area of mentorship for the mentee.

*One participant shared her rural mentorship experience in politics, that before she joined politics she used to undermine and not respect other people’s views until she was mentored through a women program by another woman, she started to appreciate other people’s views and ideas in meetings, at home, school etc.*

Another trainee said, it’s that person provides hope to the less confident person, providing space and time for someone to talk and learn.

Another adult described a mentor as that person who has lived and has a will to share knowledge with others to learn.

Another person defined a counselor who guides and advises other people following her personal experience.

**The qualities of the effective mentor were described as below;**

- Ability and willingness to communicate with others
- Preparedness to listen
- Approachable, available,
- Honesty
- Trustworthy
- Inquisitiveness
- Objective
- tolerate
- empathetic
- fair to others
- Compassion and genuineness

**The roles of the good mentors were discussed as below;**

- To coaching, guide, inspire and empower a team or individuals to achieve their full potential in their career.
- To provide knowledge
- To Motivate
- To effectively communicate and listen to the mentees.
- to guide and teach the mentee good skills of leaders
- Listening Actively. Active listening is the most basic mentoring. ...
- Building Trust.
- Encouraging
- Identifying Goals and Current
- Instructing
- Providing Corrective Feedback
- Inspiring the mentee
• Opening Doors.

The role of mentors in the girl Talk Club
• To guide, counsel and advise
• To train girls in schools
• To train teachers
• To provide parent teachers session
• To bridge the communication gap between the parents and their girls
• To advise the parents on how to keep the girls in School
• To advise the school management committees on how to increase Girls retention in their attached schools

4.4 Menstruation, Hygiene and Sanitation Management

Menstruation management was discussed in depth; Hope Nankunda from Raising Teenagers led the discussion in conjunction with Charlotte from Joy for Children and Girls Not Brides Alliance Uganda Network.

Members described menstruation as follows:
Menstruation is that period of the month where a girl child interfaces with blood flow from the abdomen.

Another participant defined menstruation as the process of which a woman discharges blood and other material from the lining of the uterus at intervals of about one month from puberty until the menopause, except during pregnancy

Menstruation, also known as a period in a month, where the regular discharge of blood (known as menses) from the inner lining of the uterus through the vagina.

Menstrual Cycle
The menstrual cycle is the regular natural change that occurs in the female reproductive system that makes pregnancy possible especially when you have sex.

How to count menstruation days
A cycle is counted from the first day of 1 period to the first day of the next period. The average menstrual cycle is 28 days long. Cycles can range anywhere from 21 to 35 days in adults and from 21 to 45 days in young teens.

She went on to describe how menstruation days are counted.

She said the day of the first day of ones last period (not the day it ended). Let’s say May 2nd. To figure out how long your cycle is, start at cycle day 1 of your last menstrual cycle and begin counting (Cycle day 1, 2, 3, 4 and so forth). The length and the last cycle day before you started bleeding again.

Qn. Why do some women experience menstrual pains and others don’t?

During a woman’s menstrual cycle, the uterus contracts to help expel its lining. Which we call Hormones or substances involved in pain which trigger the uterine muscle to contract. The Higher levels of the hormones,
the higher there are associated with more-severe menstrual cramps.

She said the muscle contractions and cramps that are similar to labor pains can also contribute to nausea and diarrhea during the menstruation periods.

**Remedies to natural Menstrual Cramps:**

1. Exercising a lot help reduce the pain.

2. Applying heat especially through the use of a warm bottle, this Heat will relax the contracting muscles in your uterus, which is the cause for your pain. ...

3. Drinking hot water or tea

Every child has their own menstrual cycle so we need to encourage girls to go with pads in their school bags. Girls must not be deceived to sleep with boys in order to have short periods.

She talked and explained to the senior women and mentors how to use AFRI-PADS, she said they are reusable. It can be used for a year and more depending on how clean you are.

Another member from raising teenagers explained how men should also be involved in talking to their girls about menstruation. Newton from raising teenagers talked about men who act rudely in their families.

Another participant asked if they can train pupils how to make re-usable pads.

The day ended with movie to make children rest and relax for the next day

**DAY 2**

This day started with Rise and Shine, Physical education exercise led by Mary and Smith Kato from Action for youth Development Uganda.

After Rise and shine, we began with holy mass led by St Thomas Voc SS School Champlain, who welcomed the campers and prayed for the good stay during the camp.

Hope Nankunda from raising teenagers Uganda She started by telling the participants where she works and what she does to end child marriage in Uganda gave her presentation on menstruation and sanitation management. She first asked participants if they have ever heard or used re-usable pads that this is an opportunity for them to witness, learn and utilize the opportunity since every participant will get a pack of a re-usable pad.

Hope started by asking girls about what happens during the adolescent stage, and below are different responses that girls said.

- They begin to menstruate
- breasts grow
- hips widen
- body odor
- pubic hair start to grow
- Emotional changes/mood swings. It's from this stage that girls shared their experiences of the first time they experienced menstruation periods.
Hope shared facts about menstruation as follows;

- Menstruation is a normal process that girls and women bodies go through.
- if a woman doesn’t menstruate then she is sick,
- when a woman doesn’t menstruate, bad blood stays in her body,
- women can eat spicy foods during menstruation

4.5 Personal Hygiene management

- Girls/ women should wash their inside and outside of the vaginal area with clean water and without soap.
- Clean and dry knickers, these should be kept in the open space
- It is very important to have clean hands and it’s a good idea to keep your nails short.
- She advised girls to wipe themselves from the front to the back i.e. after urination or defecation to avoid bacteria from the anus.
- She advised girls not to ever share pads, even not their mothers to avoid spreading germs and diseases like STI’s etc

One girl asked why she experiences pain and how she can control

- She responded by saying, different girls experience difference situations during the menstruation periods, that sometimes it’s the hormonal problem in the body system, and she also advised girls that its normal to have pain.
- The pain can be controlled by taking pain killers. This helps to relax the muscles in the uterus to relax and you feel less pain. Those painkillers should be taken according to the doctors prescriptions.
- That it’s better to use a towel that has been soaked in warm water and placed on the lower abdomen to relieve cramps.
- It’s better for one to relax since menstruation makes you feel weak.
- It is important to drink a lot of water to stay hydrated in your periods and this way it can control headaches.
- Physical exercising is the best way to relieve muscles of the cramps and feeling bloated

Demonstration of re-usable pads

She began by saying that, there are four pieces of re-usable pads in a packet. One is blue and other three are pink, blue is used when periods are heavy especially on the first day and the pink ones are used during the normal flow. Afri-pads are pads given to the most disadvantaged girls to stay healthy and also keep in school. She further demonstrated how re-usable pads are used. That used pads should be kept properly in their envelopes for washing and making them ready for re-use for the next period.

She further explained to the girls how to clean then after use, pads should be washed with cold water and rinsed well. After hang it in the open space or under the sun. If you are going to school one has to pack a pair of pads in their school bags just in case one gets full then you can change.

The re-usable pads are used by one individual, sharing is discouraged, and this helps to control diseases like STI’s.

She said they should avoid myths that they are lies and periods are normal. One asked what happens when men see your blood, she responded that there is nothing that happens but it should be confidential.

Why do periods delay or sometimes miss when you’re not pregnant? If you miss periods then u need to visit the health worker for attention and sometimes it depends on feeding.
What causes does periods that appear twice in the month?

She said that the individual cycle means a lot to individuals.

She finished her session giving out Afri-pads and the knickers to all girls. She told them that these knickers take a year to expire. She emphasized that the pads be washed very well before use.

Nahwera Mary from Kazinga primary school thanked all the service providers Action for Youth development Uganda (ACOYDE), raising voices, Joy for Children, St. Thomas Voc SS and appreciated Girls Not Bride Uganda and Raising Teenagers for the re-usable pads they have been given and prayed for blessing’s during the camp.

4.6 Session two was about general leadership

Leadership session was officially opened by Rev. Sr. Deputy head Teacher St. Thomas Voc SS. she explained who she is and what nuns do in the religious

Nuns decide not to marry or have children because they want to serve God entirely.

Nuns are there to listen to young people’s issues i.e. counseling services thus encourage the young girls to always go to them for advice and counsel in case they fear the elders.

Girls started by explaining what leadership means?

The action of leading a group of people or an organization, or the ability to do this

Leadership is the ability of an individual or a group of individuals to influence and guide followers or other members of an organization.

It was followed by the definition of who is a leader?

Girls defined a leader as follows.

Something will attract you or the distract you; you either have fear or courage.

LEADERSHIP SESSION BY CAROLINE OWASHABA

Definition of leadership by the girls;

• a leader is a person who has authority over something
• a leader is a person who leads others
• a leader is a person who controls and manages something
• a leader guides and controls others

Qualities of a good leader

• Communication. As a leader, you need to be able to clearly and succinctly explain to your employees everything from organizational goals to specific tasks
• Motivation
• Delegating
• Positivity
• Trustworthiness
• Creativity
• Feedback
• Responsibility
DESCRIPTION OF LEADERSHIP PER SCHOOL/RECAP OF THE DAY

**Mugogo Primary School**- trustworthy, hardworking, respectful

**Nyangorogoro Primary School**- patient, developmental god fearing, should be smart.

**Kacu Primary School**- obedient, helpful, peaceful

This was followed by a Recap led by Sheila from Network for Active Citizens

**Kacu Primary School**, feedback from life skills session

Say no to boda men who want benefits.

No marriage when still young

Mugongo primary school-playing, dancing, singing for examples of life skills e. g communication self-control, being assertive

**Katsyoha primary school**

- when you start your periods strongly say no to sex
- when you pants with friends mothers sister’s you can get infected with diseases
- when you see your periods you can get pregnant if you have sex
- seek guidance if you have pain when in periods
- put hot or warm water on your stomach

**Katunguru Primary School**

- Believing that dreams can come true have self-confident
- She has been inspired to be a lawyer as inspired by the speakers
- Inspired to come to ST. Thomas VOC. after her primary seven.

**Kazinga Chanel Primary School**

- After using a re-usable sanitary pad soak it in water and sundry it to re-use it
- Avoid early pregnancies
- Instead of asking money from men to buy pads you would rather cut clothes to make your own pads
- If a man tells you how beautiful you are tell him you a still a school girl

**Kyamwiru Primary School**

- When in periods be active because if you experience pain, remain dominant its allies about what they say that if you go in your periods for more than a week it shortens when you sleep with a man.
- Should run away from teacher’s sexual harassment as they tend to get girls in the name of helping them carry books to their homes.

**Ndangaro Primary School**

- Report to your senior woman the boy who tackle you
- Report to the police boys you meet on the way from school who want sex from school
- Write the name and village to the harassers to an elder
- Don’t fear to tell your parents about your first periods
- Not to get married when young
Girl Talk Leadership Camp Report

Rugazi Central Primary School
- No sex until she completes school and gets a degree
- No gifts from the boys for sex, refuse and run away
- Do not share panties from your mother you can get STIs
- Learn how to sustain ourselves
- Learn how to wash the re-usable pads.

Kyambura Primary School
- If a man tells you he loves you, say to him that you have your parents who love you.
- If you get into your periods twice in a month talk to your mother and seek medical advice
- Make friends because in future they will be the ones to help you.
- If you ever make a mistake of having sex early you will get pregnant and begin a very miserable and poor life.

Buhinda Primary School
- Wash your pants every day
- Don’t forget to go to school because you are in your periods, you have got help of re-usable pads.
- Your period blood is a private issue make sure others don’t know, care for yourself well.
- You are not supposed to iron the reusable pads.

Katanda Primary School
- Tell your aunties of your first period
- When a man tells you that you a have a big buttocks tell him that they are yours not his, if a man touches your breasts say no and if he touches your stomach say stop.

Kafuro Primary School
- When in period you can take a pain killer but not continuously
- SWOT(strength, weakness, opportunities, threats)

Nyangorongoro Primary School
- For one to have you should have role models
- A good leader is innocent

What is vigna in your local language | how you would report to the police

Movement, government, in’hanga, akyini, emana, private parts, ekyozi, work, etc

LIFE SKILLS DEVELOPMENT SESSION 3 OF DAY TWO
This session was led by Emma, Theo and Clare from Reproductive Health Uganda. They took the participants through three categories of life skills.

1. Category of skills of one’s self
2. Category of skills of living with others
3. Category three of skills of decision making
HIV/AIDS Dissemination information to young girls, it started by defining HIV and AIDS

Human Immune Virus and other girls defined Acquired Immune deficiency Syndrome.

How HIV is acquired.

It is acquired through sexual intercourse, blood transfusion, sharing sharp objectives, How can one prevent him/herself from acquiring HIV/AIDS?

ABC strategy abstains, be faithful, use condoms.

Avoid free things from men, they will lie you and us you and after you will become pregnant and your future will end there.

Facilitators for this session were, Fokushaba Emmanuel- SRHR Advocate and Reach A Hands Team Leader In Mbarara District, Nabakibi Teopista From Reach A Hand Uganda, Muga Clare Akina From Reach A Hand Uganda

The presentations were made in general sessions with all our participants that is the 155 girls in the age 12-16 years from different schools in RUBIRIZI DISTRICT-WESTERN UGANDA, divided in two groups for efficiency and 15 Senior women.

Among the topics discussed was a concept on the cause, spread, and prevention of HIV/AIDS.

HIV/AIDS SPREAD AND PREVENTION

This was discussed in an open plenary through brain storming technique, it was therefore found that the young people were not aware of the cause of the disease being a virus-caused disease but the majority knew that it’s sexually transmitted.

They also outlined the ways of prevention which using the ABC method

• Abstinence
• Being faithful
• And condom use

All under the supervision of the Reach a Hand facilitators

LIFE SKILLS SESSION

Another session was about the life skills to help young girls maneuver the every tempting life in and out of school.

This was meant to empower girls with necessary daily life experiences aiming at encouraging them to see a better educational future. It was also made through an open and full participatory engagement with all the young girls.

The following skills were outlined by the participants alongside their school matrons who were also part of the sessions to enable them support their pupils at their schools.

There include,

• Self esteem
• Self confidence
• Self awareness
• Communication skills
• Assertiveness

All these were critically broken down to the young girls for proper understanding and utilization.

4.7 The SWOT Analysis

This a tool used to understand one's strength, weaknesses, opportunities and threats.

It was explained to the young girls to help them examine and discover themselves, as this could help them adopt the life skills.

**Strength**

This was explained to the young girls and requested them to brainstorm some of their strength which was done.

**Weaknesses**

It helps them to know what they cannot perform better and look into how they can turn them into an opportunity.

**Opportunities**

The young girls were made to give some of their opportunities and it was discover that the biggest opportunity they have is being at school, which should be utilized always to make them future responsible women.

**Threats**

Some of them said that threatened by the bodaboda riders who convince them and this could make them loose their dreams.

In general, the SWOT analysis helped them to assess, understand and utilize the available chances and turn the challenges into opportunities if they are to see their future bright.

**DAY 3 07/05/2018**

Day three started with Rise and Shine led by Mary and Smith.

**MR. John Bosco Mubangizi** is the Vice District Chairperson for Rubirizi District. Welcomed the campers on day three and started by initiating life skills development.

**Assertiveness of life (life skills)**

Life comes with chances; go for it does not just stay where you are and wish for it. He pulled out 10,000 and asked who wants the money, many girls wanted but one girl stood up and picked the 10,000 UGX from his hands. He concluded by saying whenever you need something please work harder to achieve it. The girl demonstrated the need and she eventually grabbed the opportunity. We all need to be assertive during this camp for us to learn more skills to make us better girls in life.

He therefore concluded by wishing the girls a fruitful deliberation during the girl talk.

Mary and Sheila helped to demonstrate the evaluation forms to the participants. They helped to guide the young girls on how to fill the evaluation forms, children were told that it’s not a must to put your name as its optional to name or leave it. This session was successfully completed.
4.8 Sustainable Development Goals (SDGs) Session 1 was led by Sheila from NAC

Sheila started by appreciating the girls for staying in school and this will make them better girls who will future leaders of this country. That her organization encourages girls to stay in schools and helps the communities in setting up social Action plans that help citizens to mutually understand each other and at the same time set interventions that are locally managed and sustainable.

She talked about the SDG’s which were adopted in 2015 September in New York, and these goals work for the whole world, developed by the all countries that subscribe with UN. The goals were developed through country and regional consultative. The Non-government actors were seen amplifying voices during the Action 2015 in Uganda and beyond and Action for Youth Development was one of the led CSO’s in 2015 amplifying and popularizing the Global Agenda 2030. These replaced the Millennium Development Goals (MDGs) which ended in 2015.

She selected one member from each school to represent one Sustainable Development Goals (SDG’s) by giving them cards representing each SDG(17) translating them in RUNYANKORE so that the children can understand. Each one was to read the SDG they are holding and explain what they understand and she finalized with the correct answer.

1. No Poverty

We have to end poverty in all forms and complete our education, this message should be delivered to our parents, guardians, community mentors etc.

How to put poverty to an end
- Completing our studies
- Enjoying the job we have
- Through Agriculture
- Not taking Alcohol
- Knowing your objectives, want you want.
- Working hard

2. Zero hunger

It means getting food to eat and should have a balanced diet

How to put to an end hunger
- Eating balanced diet
- Growing vegetables

3. Good health and wellbeing

How to get good health,
- Getting treatment from hospitals,
- Eating a balanced diet, ensuring healthy lives and promote well-being for all ages
• Having hospitals and shelter with good services,
  • Well-equipped laboratories with good medical services.

4 Quality Education

Going to school and getting quality education,
• Ensuring inclusive and equitable, quality education
  • And promote lifelong learning opportunities for all.

5 Gender Equality

• Girls and boys should have equal rights at school; hospital and access to all the facilities thus achieve gender equality.
  • Empowering all women and girls.

6 Clean water and sanitation

• Ensuring there is accessibility to clean water.
  • Sustainable Management of sanitation and water for all
  • Children should keep themselves clean to improve sanitation

7 Affordable clean energy for example electricity.

Ensure access to affordable, reliable, sustainable economic growth, full and decent work for all.

8 Decent work and Economic growth

How to have a good working place
• Economic growth place.
  • Economic growth means ways of how to increase our incomes in our homes at household levels etc.

9 Industry, innovation and infrastructure

• Industry means doing our own invention and being innovative
  • Infrastructure means building, roads, schools
10 Reduce inequality
Promoting equality between Men and women

11 Sustainable cities
Make cities and human settlements inclusive, safe, resilient and sustainable.

12 Responsible consumption and production
Ensuring sustainable consumption and production patterns

13 Climate action
Take urgent action to combat climate change and its impacts. This goal is very important for every person in this country and globally. It will determine if we leave or not. Uganda has started experiencing Climate Change challenges and this call for collective action to adapt, mitigate, and create policy to protect our land and water. Uganda has witnessed changes in weather patterns, meaning soon if we don't do much to plant trees, then we interface a very bad drought. Diana Annette Nannono went to explain and assured members that they will learn more in the evening during the tree planting ceremony and the session specifically for planting trees in schools.

14 Life below water
In Rubirizi, we have many lakes and all should be protected to conserve nature in the lakes, rivers and the channels. Many creatures inside the water bodies’ use of proper fishing nets will help to conserve than putting hazardous items in water bodies.

15 Life on land
It's the role of every person to protect and conserve the environment. No one should destroy our soil with hazardous items like polyethylene papers and in Uganda through NEMA, we will soon enact a law against the use of the kaveera but encourage citizens to use biodegradable packages because they can easily decompose in the soil.

16 Peace, justice and strong institutions
Strong institutions should be put against corruption and justice for prevail.
Integrating all the goals the goals to achieve development thus have to work together to achieve all the goals.

After going through all the goals, they were asked for the goals they didn't understand so that they repeat for everyone to understand SDG3, 11, 16 and 8 were. Mary from Action for youth development responded to the questions.

She concluded by asking questions about the goals which were perfectly answered, they memorized all the goals and when chose randomly they could correctly say the goal and explain it.

**FARUKU KIBABA**

He took pictures for the girls with the SDGs which was a very interesting session. He thanked them for their efforts and being quick learners and finally thanked Action for Youth Development Uganda (ACOYDE) for bringing a good facilitator.

**4.9 CHILDREN RIGHTS, Session by Maria from Action for Youth Development**

What are children’s rights? The children responded by giving the following answers.

They are rights children should have, giving the following examples; right to life, move, speak, eat, shelter, play, have a name, medical care, clothes and parental love

She gave them the five major rights children have;

- right to education
- medical care
- basic needs i.e. shelter, food, clothes, water
- play
- parental love

One of the children was called upon to start a song which was enjoyed by everyone entitled “My God is able”

**How children’s rights are violated**

Giving heavy punishments, kidnapping, denial of food, burning them, child neglect, child labor, denial of education etc

**What should one do when his/her rights are abused?**

Report to the police

- For the case of defilement, tell our parents to take you to the hospital and then later to police.
- Tell responsible people to help you like elders, aunt, chairperson or and one in child affairs.
- They sang a song, ‘head and shoulders knees and toes’
- Children were advised to help their parents at home with house work and they should not consider it as a punishment.

**RECAP OF THE SDG SESSION BY FARUKU**

They were developed by the UN who developed the millennium development goals which ended in 2015 leading to the coming of the SDGs. he first explained all the 17 SDGs the girls were able to form poems explaining the SDGs which was a sign that they understood what they were taught.
The girls explained the following SDGs as follows;

To have equal education opportunities for boys and girls, education should be accessible.

4.10 FINANCIAL MANAGEMENT

When can one save?

- One can save anytime so long as there is need for it. She saves starting with any money that one has even one hundred coin
- Then the money accumulates

Why do we eat all the money that is saved?

- When all is kept it doesn’t accumulate
- I save so that when I want a car I can be able to buy it
- I save to buy mandazi at breakfast
- Savings with little coins will help your savings accumulate.

When given some money, count the number of days you will spend at school divide the pocket money according to number of days.

Have a small portion of land and plant something so that you get more.

Avoid comparing yourself with other people, we come from different homes and communities, avoid being jealous, avoid stealing especially money.

Maria gave her story when she was at the university she had a desire to have a laptop she told the mother that she needs one and she told her she had no money, she decided to start saving, she stopped using a boda and taking soda so that she can save to buy herself one. Later the money accumulated and she bought one.

Avoid having money from bad hands e.g. men,

Have determination and discipline; discover your talent and what you are good at thus developing it.

Anna from Kyambura primary school during the long holiday she saved her money which she used to buy books and pens.

Joan, she saved and got 30,000 then she told the father that she wanted a dress, the dad was worried of where she will get the money from not knowing she was saving he daily picket money she went with the father bought a dress and a bag.

Roddes from Kacu p/s, she worked at school and got money for which she used as school fees and bought clothes.

YOUNG FARMING by Eng. Dianah Nannono Annet

STAY IN SCHOOL ALONG SIDE VEGETABLE PRODUCTION.

STEP 1: identify a crop of your choice.

STEP 2: prepare a kitchen garden.

STEP 3: look for the seed or seedlings.

STEP 4: sow and nurture the crop.
STEP 5: Market and Sell your produce.

PLANT AND NURTURE TREES FOR THE FUTURE YOUNG

- Plant a tree for food
- Plant a tree for environment conservation
- Plant a tree for medicine
- Plant a tree for shelter
- Plant a tree for income

She emphasized the use of planting trees in Uganda and in our schools.

Trees help provide shade, food, medicine, shelter, income and above all if you cut a tree it should be replaced by another tree. It’s from this session that she helped to teach girls how to plant trees in compounds and how they can help to improve gardens in their schools.

The night session was about spelling Bee exercise and riddles, it’s from this exercise many young won gifts and also to remind ourselves about cultural and promoting the Ugandan biodiversity and nature.

The night activity

We had songs from Katunguru primary School entertaining us about Environmental conservation, Buhinda primary school on poem how to keep a girl in school and also Kacu promoting the diversity and protecting the wild life animals in the park.

Day 4; a community day

This day started with Rise and Shine as usual.

The days started with a match from St. Thomas Voc SS to Ndejje Play Ground in Nyakasharu Trading center were our community day took place. The district Executive Committee led by the CAO and LCS flagged off the community day match. The girls were carrying posters with information on keeping girls in schools, with the girl Talk banner.

As children were matching we had voluntary counseling, testing taking place at the venue, cancer screening, and peer to peer counseling.

The guest of honor was the District chairperson, more details here

Entertainment, poems from participants

Certificate to the district, St Thomas Voc SS and were awarded

Menstrual session by Dr. Charles Tumwebaze about Reproductive Tract

It was in this session that all participates realized their power to be good advocates leaders of girl Talk Clubs in Their schools.

Dr Charles explained the reproductive system, how it appears during the menstruation and before menstruation periods.
5.0 ACHIEVEMENTS

The Girl Talk Leadership Camp provided the young girls with a platform to access information, learn, unlearn, relearn and share life experiences as growing young woman, thus they are able to create change and transformation among fellow adolescents.

The training was able to increase participants’ understandings on the concept of leadership, social transformation, meaning of leadership and qualities of a good leader as evident from the pre and post test conducted. The post test revealed that there was 70% increase in the level of knowledge gained from the training.

Participants were empowered with life skills and knowledge i.e. skills of knowing and living with ones’ self, skills of knowing and living with others and skills of effective decision making.

The training enabled the participants to understand the term mentoring/ mentorship, a mentor, the effective qualities of a mentor, the role of a mentor, but above all the importance of having a mentor in the different walks of life.

The participants were able to understand the meaning of menstruation, the menstruation cycle, remedies to menstrual cramps, why menstrual cycle changes and managing personal body hygiene during menstruation periods and on normal days.

155 girls were given re-usable and non re-usable sanitary pads and were taught how to use them while in their menstrual cycle. 15 senior women teachers also received.

Participants learnt about the 17 Sustainable Development Goals (SDGs) and how to incorporate them in their day to day activities.

Participants were equipped with knowledge and skills on financial management, starting a vegetable school garden, planting and nurturing trees for the future young generation.

Participants learnt how to conduct a SWOT analysis of them so they keep leveraging on their strength and improve their weaknesses to create social change and transformation.

It was reported by participants that the training empowered them as it gave them useful information to be change agents within their schools and communities and how to use social media to reach out to the outside world.

6.0 CHALLENGES

Due to limited funds, there was an under budget, this made procurement of food and refreshments difficult as food prices in the training area was very expensive and as a result affected training schedule as meals delayed.

There was no clear communication from some training partners; this made us carry out radical changes and adjustments on the training schedule, which too disorganized the participants as they had already received the training program.

There was a challenge of mobilization and transportation, majority of the schools of the participants is located in far rural areas as such we ended up having children picked in the night which too was quite risky.

Time schedule for training the community members wasn’t friendly as it was the rainy season, majority where in the fields for cultivation as a result we reached out to a small number.
7.0 RECOMMENDATIONS

- More funds should be mobilized to support the training process in future.
- Partners should be requested to confirm participation two weeks in advance in order to ensure proper and organized planning.
- A prior engagement meeting should be held with facilitators to ensure that training materials are directed towards achieving the set objectives.
- Community members should be consulted prior before scheduling training so that it doesn’t connive with their field activities.
- Facilitators should be provided with uniforms or tags for easy identification by participants.
- A highly experienced rapportuer and photographer should be hired to capture and document the training session.
- A follow up should be conducted to find out if participants are disseminating the information and putting into practice what they learnt.
- Girl talk clubs should be established in schools that participated in the training to offer mentorship and training to fellow adolescents.
- Champions should be identified from the girl talk clubs for further advanced training to enable become resourceful persons within the school and community.
- During future training participants should be empowered with skills and knowledge of making re-usable pads.
- On behalf of the organizers, we call upon development partners, corporate companies; donors and community to come up with a strategy to fund this project which will help to increase retention in schools and at the same time keep girls in Schools.

8.0 CONCLUSION

The training was well attended; participants highly appreciated the training and wished that similar trainings be organized during every holiday break to empower more people (students, teachers, parents and community leaders), track progress/impact of previous trainings and address/discuss any other emerging societal challenges. The training was participatory and interactive with participants actively involved in role plays, group works and presentations. The training was an eye opener to most of the participants on the issues affecting the girl child and importance of keeping the girls in school. The participants requested for additional or more training to further enhance their skills especially training on making re-usable pads. They promised to disseminate the knowledge gained from this training to others who did not have a chance to attend the training so that there is a joint effort in advocating for girl child empowerment, supporting adolescent girls and creation social transformation.
Annex 1

OKUSWEERWA KWABAANA BABISIKYI BAKYARI BATO KUKWASIIRE AHANSI NAHIGURU-RUBIRIZI


OKUSWEERWA KWABAANA BABISIKYI BAKYARI BATO KUKWASIIRE AHANSI NAHIGURU-RUBIRIZI


Ceyamani Wenteebe Yakatano Yahabura Abiiyisigi Omusiiigazi aramugamiire ebyeshoni Abase kumutabaria Omubamateeka babase kumukoraho

Nikyigambwa Ngu Abana Abingyi Nibaremesebwa Okushoma Ahabwe nshonga yabazire babo Obutashoma Okyibuza omuziire Ahansonga yobutasomesa Omwana Nakugaru kamungu wekatara somire. Ceyamani Wenteebe yakatano Nikwekuteekaho Enkora Yokweegyesa Abana Hamwe Nokubooreka OmuhandaMurungyi

Agubashonggorora Slivester- LC5 Rubirizi

Entebe kanisayokuza Omubaziire Abarikusweeza Abana Bakyaribato Beine Kweega Ngusente Ezibarikufuna Okuruga Omubashiza Abarikutwaara Abana Nkokuiziteine Mugasho.

Abaziire Babasa kwegyesebwa Nguokusweeza omwana Atakahihyire Nikyiretera Omwana Amagara Mabihamwe nokufereerwa emigyisha obundikyi kamara hoobutabangu koomumaka.

Ms. Caroline Owashaba Team Leader Action for Youth Development Uganda (ACOYDE)

Omwe Omubasomesa Yasiima Ebitongore Aha bwebiintu Ebibabagabira Abana Nka Padikandini kyiiretera Abisikyi okusanga Baaza Omubasiza Okuronda Sente Zokugura Padi Konka Obubafuna Padi Ezirikumara Emyaka Eshatu Nikyiza Kuyamba Abisikyi Omukushoma Kwaabo

Bonabana Gaude-Omusesoma okuruga Lugazi Central school

Bongyiirwe Okushaba Ngu Babe abesigwa kandiba kuratiire Ebibayegyesebwa Ayongyiire kubegyesa okukoressagye Padikandi Ayongyeire Kubahananjisiriza Okuba Abayonjo

Nankunda Hope Girls Not Bride Uganda

Abana Borwkyiire Okusiima Hamwe Nokweebaza Ebitongore Ebibasiize Kubareetera Omushomo Gokubegyesa Akyikwatreine Namagara Gabo

Akampurira Roset-Omweegi

Tushemerirwe Angel-Omweegi
## GIRL TALK LEADERSHIP 5<sup>th</sup> - 10<sup>th</sup> MAY 2018

### LIST OF SCHOOLS AND PARTICIPANTS:

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<tr>
<th>NAME OF SCHOOL</th>
<th>NAMES OF PARTICIPANTS</th>
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| Kazinga Primary School  | 1. Tumubwaine Olivia  
                        2. Latifa Marium  
                        3. Natuhwera Syliia  
                        4. Naluswata Anita  
                        5. Natuhwera Marryo  
                        6. Ampaire Sumaya  
                        7. Tukahirwa Enid  
                        8. Najuna Lukia  
                        9. Namanya Jarida  
                       10. Nagasha Rashida |     | Mbambu Norah  
                              Head Teacher | 0783072289  
                              0754204052 |
| Buhinda Primary School  | 11. Asiimwe Rhinah  
                        12. Kusingura Tracy  
                        13. Tuganyirwe Flavia  
                        14. Amumpaire Mercy  
                        15. Natukunda Joan  
                        16. Nalukwago Asiah  
                        17. Nyakato Evalyne  
                        18. Kyosimire Clemensia  
                        19. Ninsiima Doreen  
                       20. Babirye Aishah | 15  
                        10  
                        12  | Nyamwija Winnie  
                              Muhumuza Steven | 0775424520  
                              0782962766 |
| Kagorogoro Primary School | 21. Musementa Christine  
                        22. Nayebare Elizabeth  
                        23. Kankwerere Jovanie  
                        24. Kabugho Prossy  
                        25. Nuwahereza Specioza  
                        26. Ayebare Agness  
                        27. Ninsiima Mexensia  
                        28. Birungi Evalyne  
                        29. Amutuhaire Pross  
                       30. Namara Grace | 10  
                        10  
                        12  | Neema Cleofa  
                              Turyasima | 0783747494  
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66. Tumwekwase Daphine  
67. Kembabazi Nuwariho  
68. Nabaasa Juliana  
69. Amutuhaire Sandra  
70. Tusingwire Ritah | 14  
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14 | Resty Nyakato  
Namanya Tumwine | 0787314064  
0782410293 |
| Katsyoha primary school | 71. Nanyonjo Shillat  
72. Agaba Racheal  
73. Amumpaire Generous  
74. Musiimenta Rossete  
75. Ainembabazi Lucky  
76. Nayebare Annet  
77. Ayebaza Rabbeca  
78. Turibamwe America  
79. Nyanjura Sarah  
80. Taremwa Olivia | 14  
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14 | Tumuramye Caroline  
Kansiime Jackson | 0702256081  
0772963441 |
| Kyamwiru primary school | 81. Tumuhsaise Novance  
82. Aijukamukama Ruth  
83. Nankunda Shallot  
84. Tumusiime Paskazia  
85. Ndyamuhaki Christine  
86. Tumusiime Olivias  
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### GIRL TALK LEADERSHIP CLUB

**ACTION FOR YOUTH DEVELOPMENT UGANDA**

**SENIOR WOMEN**

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<td>NDANGARO P/S</td>
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## COMMUNITY SCHOOL MENTORS

<table>
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<tr>
<th>S/N</th>
<th>Name</th>
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<td>1</td>
<td>Kyomugisha Irene</td>
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CAMP ORGANIZERS AND THEIR RESPONSIBILITIES

Ms Caroline Owashaba is a team leader for Action for Youth development Uganda (ACOYDE) and the Co-founder and she was the chief organizer for the girl talk leadership camp Rubirizi 2018.

Adrine Katusiime is the finance officer at Action for Youth development Uganda and she was in charge of mobilization of resources.

Shilla Abenitwe she is a program officer volunteering with Network for Active Citizens Uganda (NAC) and she was also on the Girl Talk Leadership Camp organizing Kampala Team.

Sharifa Kibirango is the programs assistant for Governance and Democracy at Uganda Youth Network (UYONET). She was also the member of the organizing team in Kampala. She helped in photography and welfare.

Barbrah Cox is a volunteer with Action for Youth Development Uganda and she was in charge of welfare, the brain behind activeness during the camp.

Ms. Eng Dianah Nannono is an irrigation engineer who is passionate about the girl child, and she helped to trained girls on young farming ad climate action goal 13 of the SDGs’ she was also the raporteur for the third and last day.

Theopista Nabakiibi is a volunteer member with Reach a Hand Uganda; she helped in facilitating life skills development, HIV/AIDS and In charge of entertainment.

Clareh Muga Akiina, She is a volunteer with Reach A hand and she is currently pursuing a degree in law at Makerere University.

Emma is the program officer for Reach A hand in south western Uganda and he was in charge of life skills Development, HIV/AIDS, SWOT analysis for girls during the camp.

Neema Thomas Moore is a deputy teacher at St, Thomas Voc SS and he was in charge of ensuring that discipline and security is secured.

The Community Development Officer in charge of community partnership and he helped to secure all district partnerships in all department’s including police.

Sam Barigye works with Hope for Mothers and Children (HOMACA) an NGO that restores hope for mothers and Children in Rubirizi district. He was also on the raporteuring and mobilizing committees.

Mary Mutoni works with Action for Youth Development Uganda, and she was in charge of children rights and Rise and shine every morning with Mr. Kato Smith.

Ruth Nanyijuka a volunteer with Action for Youth Development Uganda (ACOYDE) and she was a rapporteur.

Smith Kato works with ACOYDE and he was in charge of photography and Rise and shine.

Henry Waiswa is the branch manager for Reproductive Health Uganda (RHU) for greater Bushenyi and he was in charge of ensuring the mentors learn about life skills and also health services are accessed on the community day.
Annex 6: Pictures from the Camp

DURING THE AMPLIFYING DAYS AND THE RISE AND SHINE SESSIONS IN THE GIRL TALK CAMP

Rise and Shine
DAY SESSION FOR COMMUNITY SCHOOL MENTORS AND SCHOOL SENIOR WOMEN
RE-CAP SESSION WITH EMMA FOKUSHABA
TIME FOR EVALUATION AND SANITARY PADS GIVING

Carol Giving Sanitary Pads to Girls

Evaluation
THE COMMUNITY WALK AND THE AWARDING CEREMONY
ORGANIZED BY:

SPONSORED BY:

Report Designed by: Vidach

0777 881100  www.vidach.net  Vidach Giftings  Vidach Giftings  Yusuf Arcade, near Gaz Petrol Station along Kisaasi-Kyanja Road