

BREAKING THE SILENCE PROJECT

PROJECT IMPLEMENTED BY HELP MISSION DEVELOPMENT IN BARINGO COUNTY

PROJECT ACTIVITIES REPORT

SEPTEMBER 2022



Youth from Mogotio Vocational Centre participating Radio Program

Breaking the Silence, overall objective of the project was to empower young people to have increased control over their own lives and bodies and the community factors which impact upon it. Youth were to advocate for the Right to Sexuality and Civic Engagement. This intervention was very timely because formal education did not have nor had very little room for student participation beyond recitation and answering the teacher's questions with yes or no answers. This was very difficult for students to express themselves in analytical and critical thinking.

The intervention to achieve its objective, was realized through structured trainings conducted by teachers with the help of project staff (HMDS staff) using the Active Assessment Methodologies, formation of clubs, health clinics in Baringo County. Youth from 17 learning institutions in Baringo County have gained the knowledge and skills to intervene in their surroundings and speak up and advocate for their own rights through civil society engagement. There have been the trust-based dialogue between the teachers and the students basing on the results that we collected from teachers and the students as shown below:

ANALYSIS OF TRUST BASED DIALOGUE TEACHERS AND PUPILS

SN.	DETAILS	BEFORE THE PROJECT	AFTER SRHR TRAINING WITH HMDS	COMMENTS
1.	Asking for sanitary towels to teachers when in monthly period	2%	40%	%of those in need of the pads. An increase of 38%. Meaning girls can now talk with teachers unlike before when they could be absent from school due to fear of asking.
2.	Talking to teachers in regards to need to visit health facility	0	40	In six project schools we have had 40 students

				pupils in secondary and polytechnics asking teachers for permission to go to hospital for they feel they want some medical check up as far as their sexual health is concerned
3.	Talking to teachers that they have missed their menses for one month and they did not have sex during the period	0	39	39 girls in four secondary schools and two polytechnics have open talks to their teachers in regards to missed menses and expressed that they didn't have sexual intercourse during the period. Teachers expressed a breakthrough of the project because it was difficult and none could come forward to share before the project.
4.	Complain on sexual harassment	0	45	40 girls reported to teachers that they are experiencing sexual harassment from boy when going home, 5 girls have reported sexual harassment from relatives they are staying with.
5.	Report of domestic violent	0	32	20 girls shared with their

				<p>teachers that they don't perform well in class because sometimes their fathers are abusive and beating their mothers at night hence affect concentration in their learning.</p> <p>12 have also reported that they sleep in class because their father has a routine of beating their mother the other night. In these cases the parents were reported to local administration without the fathers knowing the sources of information. The fathers were given warning by the administrators and now there are some positive changes noticed in the families.</p>
6.	Report of intended of FGM to school girls	0	36	<p>36 girls in 9 schools reported to their teachers that their parents are intending to take them for FGM. This being illegal in Kenya, the schools helped to report the matter to authority and by reporting the parents</p>

				were summoned by authority and warned them that they have learnt that they have plans FGM on their daughters and yet it was illegal. This forced parents to cancel and now the girls are in school, because of the project the girls were rescued from FGM and forced earlier marriages.
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ANALYSIS OF TRUST BASED DIALOGUE HEALTH FACILITIES AND PUPILS

SN.	DETAILS	BEFORE THE PROJECT	AFTER SRHR TRAINING WITH HMDS	COMMENTS
1.	Request for reproductive health clinical services by students in facilities and introducing themselves as students and in school uniforms.	0	79	48 boys visited four health facilities: Kabimoi, Mogotio, Emining and Oterit seeking reproductive health services. 31 youth visited the facilities in relation to treatment of STI cases and other services. All introduced

				themselves as students to health facilities which was not normal and when asked attributed this to SRHR training they had received.
2.	Request for contraceptives	0	87	87 girls visited health facilities and requested for safe contraceptives they can use unlike before when they were going to buy emergency pill without consultation. Others were not using any and ended up being impregnated.
3	Condom use	0	134	Anonymous concerns at health facilities; usage and availability of condoms. indicated that they are youth from nearby schools within our coverage hence showing that SRHR project has empowered them on importance of using condom.



Kimose Secondary school youth to youth engagement on sexual reproductive health

ADVOCACY

During the project implementation we managed carry out Advocacy towards public officials for better Life Skill education and child inclusive teaching environments in learning institutions both at Mogotiosubcounty offices of the education under Ministry of education and Eminging sub education office in Baringo. We met Education Director, Teachers service commission (TSC) the department that deals with teachers hiring and post in schools, deputy principals, BOM and principals. We agreed on allowing teachers training students on SRHR with Active Assessment Methodologies and manuals we had introduced in schools. The ministry appreciated and agreed to use both trained teachers and students in clubs to make the project sustainable even after the project period. It was suggested that the project if possible to spread in other parts of Baringo County and schools that were not in the project as partner schools. The director in education office also promised to support inter-schools

exchange of knowledge received among the schools so that youth may become more bold and be ambassadors in the community on SRHR issues.

There was also creation of network among different stakeholders including, Ministry of Education, Ministry of Health, community health workers, local administration, clinical or health facilities within the area of our partner learning institutions. With health facilities they promised to support the schools by building trust with the youth by principle of confidentiality which was discovered that most youth are not aware of. They proposed to give learners necessary support required of them towards the youth. A local administration need to support youth by providing protection and non disclosure of source of information in any case of abuse like on rape, FGM and gender based violence that may be reported by young ones.



Ministry of Education and Teachers Service commission (TSC) meeting.

We organized networking meetings implemented to the different identified stakeholders of six schools. The main purpose being working together with CBOs, NGOs, and other present partners within civil society and are interested in a partnership. The identified partners were CBOs, Ministry of Health, Ministry of Education, churches, women groups, and youth groups. It worked very well since with the Ministry of Health included in this field they do a lot of guidance and counseling of the youth in both High Schools and Vocational Training Centres on matters concerning pregnancy prevention, HIV/Aids and STIs. We were happy to report that already youth from the six schools are visiting the health facilities for some services and consultation on individual level, hence very encouraging, we organized with the schools if they can be inviting them in the schools so as they can reach many at once too. With Ministry of Education we had different stakeholders in education sector at Mogotio sub-county office where we met the sub-county Director, TSC members, principals' deputy principals and BOM members from the secondary schools and the VTCs. It was impressive to having students and our inputs across the main actors of education which they found very productive since they heard from the direct beneficiaries voicing their concerns and wishes to the stakeholders. What came to out attention was that most guidance and counseling departments in schools are not functional because most of the teachers allocated that responsibility are not adequately trained/ lack some trainings to handle the issues brought forward by students. So they found it selling since the methodologies, are welcoming for approaching the raising matters in regards to the students and environments within and out of schools.



Stakeholders meeting at Ministry of Education.



Ministry of education sub-county director with other officials and HMDS



Creation of Network with Kabimoi Health facility

RADIO PARTICIPATION BY SCHOOL CLUB IN BARINGO



Josephine from Help Mission Development Services introducing talk show of youth at Radio Alpha

ALPHA Radio aims to build bridges with the community and promote dialogue and reconciliation through media diplomacy and advocacy as well as teach the word of God.

Alpha Radio 102.7 FM Broadcasts in English Swahili/Pokot/Ilchamus and Tugen languages in the larger North Rift counties (Baringo, Elgeyo Marakwet, West Pokot, East Pokot & Likipia) Baringo County extensively covering the 6 constituencies i.e. Tiaty, Baringo North, Baringo Central, Baringo South, Mogotio and Eldama Ravine. It also broadcast in Elgeyo Marakwet County covering Marakwet East, Marakwet West, Keiyo South and Keiyo North constituencies. The radio broadcast also reaches parts of Nakuru, Laikipia and Nyahururu counties. The station has an estimated radio audience of about 6 million the tentative listenership of between 900,000 to 1.2 million in the breakfast show and the evening prime time programs.

Youth from the school clubs after acquiring so much knowledge, skills within critical thinking, and training in both subject analysis and public presentation, they took part in radio to reach out to other youth, parents, leaders, and communities not only Baringo County but . Radio was the best platform to reach out to communities; other youth and other stakeholders as a way of gaining a voice in the public. We can rate the radio as one of the best platform as comments, questions, responses, more inquiries were coming in from the listeners and hence many wished it should have continued since it reached many.

Radio programme was done with both youth from the school clubs, Health personnel and HMDS staff. They were conducted in the afternoon a two hours program of between 2.30pm to 4.30 pm. It was Radio interactive talk show on teen pregnancy, STIs, HIV , sexuality and harmful traditional practices (HMP) on FGM in the County, Radio snapshots on the topics, Social media feasibilities and live streaming. Second recording: <https://we.tl/t-o7XBG3GAhM>.

On teenage pregnancy, also known as adolescent pregnancy, the discussion was on:

1. How it happen
2. Causes of early pregnancy
3. Caring for yourself during pregnancy
4. Consequences/effects of teenage pregnancy
5. How to prevent early pregnancy including use of contraceptives, Emergency contraception, Injections, condoms and having information.
6. Solution to the incidence of teen pregnancy.

FIRST RADIO PROGRAM

This was done by HMDS and it was a two hours program 2:30pm to 4:30 pm. She gave an outline of the participation of youth in the radio and topics to be covered. Also highlighted on what CISU, 100% for children, together with implementing partners; PLK and HMDS have been doing in learning institutions in regards to SRHR and the youth. The outcome of the day was 15 minutes call, sms, questions and answers session.

1. Call from political leaders from the area expressed how the project is interesting and requesting the extension of the project to the entire Baringo County as it was informative and timely.
2. Call from youth wanting to know if the program will be weekly for it was very much educative.
3. Sms for continuation of the program initiator.
4. Call from listeners in other parts of Baringo requesting particularly FGM and early marriages topics emphasized and taken to community grassroots level.
5. Comments that we should tackle issues of FGM, early marriages, rape across the county especially targeting the community level.
6. Comment senior citizen should be informed of FGM and early marriages. If we can educate them because it's done at local levels but in silence.
7. Call to have talks in particular with boy child FGM and teen pregnancies and marriages.
8. Where are we found SMS as far as projects are concerned?
9. Feliser commented that how she has been educated and thank you for your information.

We had youth advocating for earlier pregnancy, forced earlier marriages, Rape, Female Genitals Mutilation (FGM) and Gender Based violence during the four sessions of the show.



Apart from radio callers and SMS received, we received feedback how the radio airing has been widely discussed and appreciated during our community forums that we have held and recommendations from stakeholders if it can be held again and be a continuous program once per week and particularly targeting harmful practices, earlier pregnancy and gender based violence at home and community in general. There was suggestion that apart from youth on radio and medical personnel, we need to bring in victims to share their experience they underwent and some were victims who were ready to share their experience on the two (FGM and Eelier Marriages). The Radio program has also been discussed and appreciated with wider Baringo County leaders and requested if SRHR program can be spread in entire Baringo County for it was informative to entire community and neighbouring counties.



Caleb and Akinyi of Mogotio School club participating at Radio Alpha Youth talk show on SRHR

Statistics of the outcome calls and sms on the four sessions

During the first day that HMDS was introducing the program. Comments from youth were 40%, leaders 35% and others were 25%.

1. Leaders wanted the SRHR project be lengthened and be replicated to the entire Baringo schools.
2. If Tiaty sub County of Baringo where youth are dying in silence such project can be both in schools and at community level targeting youth at school, leaders and parents.

Youth wanted to know more on:

1. Contraceptives and other methods of pregnancy prevention that are recommended for youth.
2. Those whom their school did not get a chance to be in current program, if they can be considered later so that their colleagues can be informed and be bold as the youth who were on air at Radio Alpha.
3. They wanted to know if the youth in studio have broken the silence between them their parents, fellow colleagues in school and outside the school which was responded with a Yes answer.

With others there were general comments how the program was good and if it can be continues.

COMMUNITY MEETING ADVOCACY(HØJLUNDSFORSAMLINGSHUS)

Apart from radio the youth were engaged in public debates meetings inspiration from the Danish concept of HøjlundsForsamlingshus, so as youth learned and participated in addressing local stakeholders and other important actors on their rights and learned how to gain a voice in public debate. In participation were the parents, local administration, religious leaders, women groups, community leaders, youth groups, Ministry of Health from Emiling health centre, sub-county and county Directors for Education.



School club youth engaging in community forum



Stakeholders during community forum



Youth participating in community forums

These meetings included all stakeholders of the intervention which were; teachers, Ministry of Education officials, community health workers, Ministry of Health Mogotio sub County of Baringo county, local administration, church leaders and youth representatives. We had youth from school clubs presentations in form of poems, songs, role play advocacy on the theme: ***Tubadilishe story***. Kiswahili phase meaning we change the story i.e instead of keeping silence youth should speak up issues affecting them be it contraceptives, earlier marriages, and general cultural practices etc. After youth presentations, we came on reflections of the intervention and recommendations. Some of the recommendations included were:

1. Having hybrid system of implementation of activities in future whereby both at communal level and at school level to have a maximum long lasting results basing on the issues at hand. That is, when educating youth on dangers of FGM we should also have communal village forum on the same. By doing this we will have solved the problem in the community, because both youth and community have the write information but by being one sided of education/ training may not have the real desired results because community will be doing under the table.
2. We target the diehard of the out dated traditional together with local leaders. The diehard was described as senior citizen of the community between 55-75 years who still influence the society with backdated traditional.
3. Such program should be replicated to entire Baringo schools, so that the majorities who don't have such knowledge get it.
4. Radio program was a big boost on such advocacy which should be continued and probably on monthly basis for a period between six month to one year. HMDS should invite victims to share their experience with you live on the program.
5. Exchange program between the schools in the program to be encouraged.
6. Training of teachers on Active Assessments Methodology in other non-partner schools in Baringo County.
7. Train young, church leaders on SRHR issues so that the notion of abstain in church is changed to reality.

8. These advocacy trainings should be on monthly basis but we should not expect results overnight.
9. Training on active assessment should be done to entire school teaching staff so that everybody should be in know how or at least six teachers per partner schools and it should be a one to two weeks trainings per school.
10. Government officials should be targeted in each sub county level because each sub county has different challenges.
11. Clinical health / nurses can be supported/facilitated to have three days visit to schools per term as follow-up and private talks with students.
12. Parents, teachers, students and partner organization should have one day per term at the schools for the student to engage one on one discussion in the forum you resilience and boldness building in future.

A DIGITAL AMBASSADORS PROGRAMME FACILITATING INTERCULTURAL VIDEO EXCHANGES BETWEEN KENYAN YOUTH AND DANISH YOUTH.

The 60 youth in the selected school clubs were eager to participate in the digital ambassadors' dialogue. We organized for it severally and we can report that it was partially done as we distributed the SDGs to the school clubs where we shared with the teachers and students too with the purpose of familiarization and sampling some that they felt are applying in their surroundings. Young people in schools of Baringo have been ready for it for quite some time as it didn't take place as planned in July due to schools closure but we are still waiting for 100% to let us know when they are ready again with the schools in Denmark to let us know when. This will strengthen capacity for our youth to think critically about the digital age and its opportunities/limitations.

The youth in six school clubs in Baringo County already developed questions a lot of questions which teachers did selection of some which they wanted to exchange with students at two Danish schools. The purpose of these was to enable the youth in both

Kenya and Denmark share life experiences, stories, ask youthful questions, challenges and learn from each other and have that broader thinking hence decision making.



Discussing the SDGs with the school club teachers.



Students at Mogotio township discuss the SDGs.

PARTICIPATION FROM BOTH PARTNERS IN AN ADVOCACY AND CAMPAIGN CAPACITY BUILDING WORKSHOP

The training was held in the month of May where we had all the partners attending with facilitation from 100% for children. The implementing partners receiving more knowledge on advocacy which was crucial to for advocacy on high level. We identified the key stakeholders, the gaps and issues and how to plan for advocacy in the breaking the silence project

"School Reforms"
4. S. P. G. S

ISSUE: LACK OFF ~~R~~ HEALTH
QUALITY REPRODUCTIVE AND
CIVIC EDUCATION IN THE
SCHOOLS IN KENYA
(NAIROBI AND
BARINGO)





During the training



HMDS, PLK, Periamma and 100% after completion of the training at Hotel 67 Airport.