

**BREAKING THE SILENCE PROJECT IN BARINGO COUNTY**  
**PROJECT ACTIVITIES REPORT**  
**JULY 2022**



**Youth from Mogotio polytechnic participating Radio Program**



***Kimose Secondary school youth to youth engagement on sexual reproductive health***

**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 pupils 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 pupils basing on the results that we collected from teachers and also trust between facilities and the pupils 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%	<b>%of those in need of the pads.</b> 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

				<p>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.</p>
4.	Complain on sexual harassment	0	45	<p>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.</p>
5.	Report of domestic violent	0	32	<p>20 girls shared with their 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</p>

				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.
6.	Report of intended of FGM to school girls	0	36	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 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.

## 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	<p>48 boys visited four health facilities: Kabimoi, Mogotio, Emining and Oterit seeking reproductive health services.</p> <p>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.</p>
2.	Request for contraceptives	0	87	<p>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</p>

				impregnated.
3	Condom use	0	134	Anonymous concerns in suggestion box at health facilities have been received from boys in regards to usage and availability of condoms. They indicated that they are youth from nearby schools within our coverage hence showing that SRHR project has empowered them on importance of using condom.

### **Advocacy meetings with education**

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 office of the education under Ministry of education and Emining sub education office in Baringo. We met Education Director, Teachers service commission (TSC) the department that deals with teachers hiring and post and principals. We agreed on allowing teachers training students on SRHR with active assessment methodologies 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 education office also promised to support interschools 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.



Creation of Network with Kabimoi Health facility





Networkcreation with Ministry of Education on SRHR at Mogotio Sub County.



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



Student to student engagements on SRHR at Mototio township Secondary school.



Oterit Secondary school

### **Community meeting Advocacy**

These meetings included all stake holders 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 phrase meaning we change the story i.e instead of keeping silence youth should speak up issues affecting them be it FGM, contraceptives, earlier marriages, and general cultural practices etc. After youth presentations, we came on reflection of the intervention and recommendations on the way forward in future. Some of the recommendations during the meetings 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 method 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.



## 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.

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 director of HMDS and it was a two hours program 2:30pm to 4:30 pm. She gave an outline of eh participation of youth in the radio and topics to be covered. Also highlighted on what CISU, 100% for children and HMDS have been doing in schools 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 done and recommendations from stakeholders if it can be held again and be a continuous program once per week and particularly targeting FMG, 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.



*Caleb and Akinyi of Mogotio School club participating at Radio Alpha Youth talk show on SRHR with support of 100% for Children and CISU .*

#### **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 program (SRHR PROJECT) to 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.