

Newsletter Nr. 57 May 2021

From the 3rd May to the 7th May our Mes-committee, Dacha, Erick and Kevince, organised a workshop in Maraboi, together with the Swedish organisation The House of Resque. They combined our students (31 persons) with the Swedish sponsored students (30 Persons).



It was great interacting with them on very pertinent issues. The exchange program worked well for our students.

Meeting the youths and giving them chance to socialise, express themselves and get to learn some life skills was good. The attendance was amazing from day one to the end, the youths enjoyed their days at the training.

The sessions were very exciting and they managed to tackle the most sensitive issues in a teenager's life.

(1) Self-esteem and body image

As this is the beginning of every adolescent's life, they discussed various ways of remaining confident amidst everything and embracing all their body changes.

(2) Gender, sexuality and health.

As broad as it is, they went through sexuality and sex education. They also discussed the need to be gender sensitive so that they

condemn gender based violence in their society.

Also they discussed various sexual transmitted diseases and how to go about them or protect yourself from them.

They looked at various health related issues during menstruation and how to maintain high level of hygiene during menstrual flow.

(3) The hook-up culture

This is where most teenagers go wrong by misusing the hook-up strategies. Most of them are lured into sexual activities in the name of 'hooking up' with friends. They shared different tips in case they unknowingly find themselves in an unexpected situation that can make them engage in early sexual activities.

(4) Anxiety and Internet addiction

Some youths have given up in life, dropped out of school and even committed suicide just because of how they react to different situations in their lives.

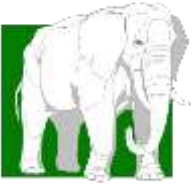
They discussed various measures to take anytime they find themselves reacting weirdly to some issues and what Internet addiction can do to the life of a teenager.



5) Drug and substance abuse

Many youths find themselves in drugs and alcoholism and this might be because of what they are going through. They mentioned possible ways of overcoming them.

They wound up by sharing life experiences from the youths who are young parents, those



living in single parented families either because of separation or death and of course the total orphans living with other relatives.

This was meant to strengthen those of the youths who may feel like they are alone in whatever they are going through.

The stories were moving and the leaders were happy they shared with a lot of confidence.

The girls also received some packets of sanitary towels and seeing the smiles on their faces made the workshop worth it.

They had breakfast and lunch all through during the training.

(6) Future

They urged the students that will try to make it possible for them to conduct such trainings and exchange programs, but the improvements or benefits of the outcome of the training must be seen in the results.

To the sponsors, thank you so much. To the organisers, Felix, Victor, Dacha, Erick and Kevince, well done!

If this is working out well, the chance of organising other possible projects together are good and may bring the changes everybody want to see in the society.

