



NENKASHE EDUCATION CENTER

REPORT ON TRAINING OF GIRLS ON LIFESKILLS



HELD AT
KAJIADO SDA EDUCATIONAL CENTER
KAJIADO:

ON
8th to 13th January 2023

REPORT COMPILED AND PRESENTED BY:
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FEBRUARY 1, 2023

PREAMBLE:

Nenkashe Education Center is an organization which caters and support the girl child education who are from less fortunate families; such as orphans, rescue cases from early marriages and FGM.

Once or twice a year a seminar is held during the school holiday to equip the girls with life skills,

OBJECTIVE OF TRAINING

1. To empower girls through giving them information on life skills, for example, decision – making skills
2. To prepare them on how to deal with life threatening challenges.
3. To guide them on career choices in their learning process.
4. To sensitize them on health and hygiene matters.

NATURE OF PARTICIPANTS

Most of the participants originated from Kajiado and Narok Counties. Girls in attendance ranged from primary school up to college levels. One of the main beneficiary is a teacher of an Early Child Development.

METHODOLOGY

1. Group work
2. Group presentation
3. Presentation by facilitators

DAY ONE [1]

The seminar began on time as the girls had reported a day earlier in preparation for the material day.

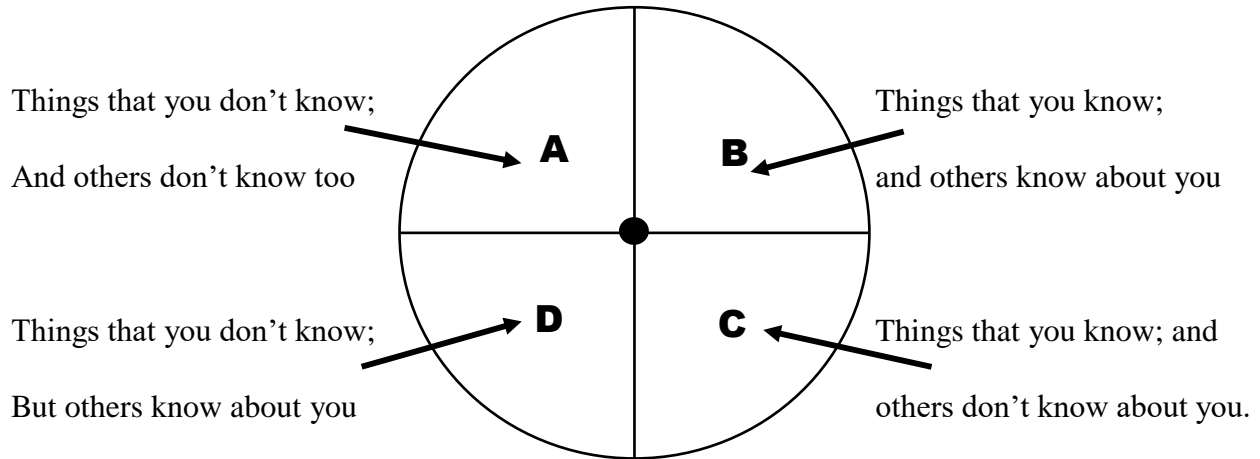
The seminar was graced by one of the Nenkashe Board member and in opening remarks cited the book of Joshua 3:3–4. Thereafter, the participants were welcomed by the Chairperson of Nenkashe, who allowed them to do self – introduction.

Participants were encouraged to follow the following basic housekeeping rules:

- i). Ensure full participation throughout the seminar training

- ii). Adherence to time set for various activities
- iii). Seek clarification during the training process
- iv). Ensure orderliness during the training
- v). Ensure cleanliness at all time
- vi). Safeguard each other's' concerns.

APPLICATION OF JOHARI'S WINDOW



QUALITIES OF A GOOD LEADER

- ∞ Must be focused
- ∞ Must be transparent
- ∞ Must be inspirational
- ∞ Have a passion for what he/she is doing
- ∞ Must be patient
- ∞ Must be a good mentor
- ∞ Must be confident in whatever is being handled

QUALITIES OF A BAD LEADER

- ∞ Fear of change
- ∞ Lacks humility
- ∞ Putting self – interest first

- ∞ Dominates on discussions
- ∞ Lacks empathy

HOW TO BECOME AN EFFECTIVE LEADER:

- ⇔ Must recognize others' achievement and friends' achievements.
- ⇔ Do not take things seriously

GROUP WORK: – PHOTO



The girls were divided into groups and had a good interactive session of discussion

GROUP REPORTING:

The presentations came up with the following suggestions

Group 1

Benefits of good relationships:

- ✓ Leads to peace in society
- ✓ Reduces crime in society
- ✓ Leads to development
- ✓ Leads to improvement of social needs e.g. schools and hospitals

Group 2

Effects of not saying things that you know and others don't know about you:

- ✓ Leads to injuries

- ✓ Leads to secrets hence suicidal thoughts
- ✓ Have low esteem
- ✓ Leads to strikes
- ✓ Leads to stress

Group 3

Effect of poor leadership:

- ✓ Leads to stress
- ✓ Leads to diseases like blood pressure, ulcer
- ✓ Leads to death
- ✓ Poor health
- ✓ Desertion of duty

Group 4

Poor leadership effects on citizens

- ✓ Lack of democracy
- ✓ Leads to embezzlement of public funds
- ✓ Leads to favoritism
- ✓ Leads to poor living standards
- ✓ Lack of basic needs in society

Group 5:

Effects of good leadership

- ✓ Good role modelling
- ✓ Work becomes easy
- ✓ Transparency is practiced
- ✓ Effective communication
- ✓ Boost morals
- ✓ Motivates people
- ✓ Leads to implementation of vision

RELATIONSHIPS:

Types of relationships:

- Family relationships
- Friendships
- Acquaintances
- Romantic relationships
- Work relationships
- Teacher / Student relationships
- Community relationships

CHARACTERISTICS OF WRONG ROMANTIC RELATIONSHIPS

- ∞ It starts suddenly
- ∞ It is based on attraction
- ∞ One cannot explain the feelings
- ∞ It is very jealous
- ∞ It is exploiting
- ∞ It is very embarrassing, always guilty
- ∞ Very insecure
- ∞ It is destructive i.e. life loss, education wise

CHARACTERISTICS OF A GOOD ROMANTIC RELATIONSHIP

- ∞ It must be the right age, time and person
- ∞ It is gradual in growth and development
- ∞ It is knowledge based
- ∞ It involves the entire person
- ∞ It is secure
- ∞ It has confidence
- ∞ It is very hopeful
- ∞ It is Godly

- ∞ There is no exploitation
- ∞ They are patient on each other
- ∞ They are always ready to introduce each other to the family members

DAY TWO [2]:

FRIENDSHIPS

- ∞ Loyal and accepts you for who you are during good and bad times
- ∞ They are honest
- ∞ You are able to trust them
- ∞ They are non-judgmental and good listeners

BENEFITS:

- They increase your sense of belonging
- Boost your happiness
- Reduces stress
- Improve your self – esteem
- It gives self-worth
- It helps one cope with trauma
- It enriches your life and improves your health

PEER PRESSURE:

It is the influence or when you do something because you want to feel accepted and valued by your friends.

In order to cope up well with peer pressure is deciding on what to do by self.

Types of peer pressure:

- Spoken peer pressure
- Unspoken peer pressure by actions
- Direct peer pressure
- Negative or positive peer pressure

Negative peer pressure:

- Use of drugs
- Abortion
- Self-harm
- Becoming a thief
- Encouraging peers to fight

Positive peer pressure:

- Influence to studies
- Influence to saving of money
- Lead by example to influence others positively

Group work:

Positive impact on technology:

- Fast communication
- Research on communication
- Fast transportation i.e. SGR
- Work from home
- Security i.e. biometrics
- Quick transfer of money or business transactions

Negative impact on technology

- It promotes laziness
- Leads to cyber crimes
- Leads to addiction i.e. social media
- Effects on morals
- Masking – pretense
- Lack of privacy
- Effects on sitting posture
- Lack of 'likes' leads to stress.

PERSONAL HYGIENE

This is how you take care of your body.

Types of personal hygiene:

- ❖ Personal hygiene
- ❖ Environmental hygiene
- ❖ Domestic hygiene
- ❖ Food hygiene

How to take care of private parts:

- ❖ Avoid use of rough things to wash private areas
- ❖ Wash your private parts daily
- ❖ Use a soft dry towel to dry the area
- ❖ When toileting wipe from front to back

CERVICAL CANCER:

Cancer is an abnormal multiplication of cells in the body.

- i). It is the only cancer that can be prevented 100%
- ii). It is caused by HPV [Human Papilloma Virus] carried by men.
- iii). It is sexually transmitted
- iv). Nine [9] women die every day of cervical cancer
- v). HPV stays on the skin but only become a virus when it reaches the cervix and becomes cancer.
- vi). It takes ten [10] to fifteen [15] years to become a cancer.

RISK FACTORS:

- ❖ Early sex
- ❖ Early pregnancies
- ❖ Multiple sex partners

STIS AND STDS

They are diseases spread through sexual activities. They affect the reproductive organs; for example;

- a) Gonorrhoea
- b) Genital herpes
- c) Syphilis
- d) Urinary tract infections
- e) Aids

GROUP WORK PRESENTATIONS: - PHOTO



SELF – IMAGE:

WHO AM I? Group 1

- ∞ A child of God
- ∞ A lady of substance

Self – image – the way one perceives self

Challenges:

- a) Poor academic performance
- b) FGM
- c) Inadequate food
- d) School dropout due to early pregnancies
- e) Lack of funds e.g. to buy sanitary towels

Who do I need to be in future?

A lady of stature

Role model

A good mother

An independent lady of means

Group – 2 – Who am I?



- ∞ A leader of tomorrow
- ∞ Fearfully and wonderfully made
- ∞ Child of God

Self – image: the way I look at self, self-esteemed; the way I think.

Challenges:

- ∞ Adopting to changes
- ∞ Peer pressure
- ∞ Addictive methods of technology

Who do I need to be in future?

- ∞ A role model
- ∞ Person who will give back to the society
- ∞ A responsible person
- ∞ A loving and caring mother.



Conclusion for day 3:

- ✓ Self – image – perception of oneself.
- ✓ We are fearfully and wonderfully made
- ✓ Never allow anyone to belittle you.
- ✓ Perception brings self-esteem either positive or negative.
- ✓ Self-feeling of self-worth or value
- ✓ Characteristics of self – esteem include but not limited to confident and self – aware.

DAY FOUR [4]

ORAL HEALTH

It is the care of the mouth area i.e. teeth, tongue and mouth.

To qualify for a diploma in dentistry one must attain a **C+** and above in Biology and Chemistry.

For a degree qualification, one must have an **A** of **74** points and above.

GENDER BASED VIOLENCE [GBVs]

This is violence against any gender – male or female

It is any harmful act inflicted to people because of gender. Examples includes:

Sexual violence:

- a) Rape
- b) Harassment
- c) Assault

- d) Defilement

Harmful traditional practices

- a) Female genital mutilation
- b) Forced marriages
- c) Early marriages

Emotional problems

Violence against children – child labour

Physical violence – assault,

Factors that lead to gender violence:

- a) Culture
- b) Poverty
- c) Religion
- d) Alcohol and substance abuse
- e) Media
- f) Ignorance
- g) Conflicts within and without family

What to do in case of GBV

- i). Report to the security personnel – police branch dealing with such matter
- ii). Go to hospital for medical check and care
- iii). Do not change the way you were i.e. do not bath or change clothes. Importance of going to hospital they can prevent STI, HIV Hepatitis and pregnancies.
- iv). Take a motorbike you trust
- v). Avoid lifts

Dreams and goals:

What one intends to achieve or realize – to be a doctor, pilot, optician, journalist, lawyers, teacher, architecture, dermatologist etc.

Advice from a lawyer:

- No matter where you are from, your dreams are valid
- The future belongs to those with beautiful and attainable dreams
- Work hard
- Have dreams
- Have a timetable on activities to be undertaken
- Put extra efforts in your weak subjects
- Practice life skills

Report from girls:

- ✚ The week was good and properly utilized as planned by the organizers
- ✚ We made new friends and renewed the past one
- ✚ The venue for the seminar was better than the previous one.
- ✚ Facilitators were good, funny and had exciting topics
- ✚ Self – confident improved
- ✚ Thankful to the management for giving a chance to have a seminar at an opportune time.

Group – photos



BUDGET FOR SEMINAR

8TH JANUARY TO 13TH JANUARY 2023

NOS.	DESCRIPTION	AMOUNT IN KSHS	AMOUNT IN DANISH KRONE
1.	Foods and accommodation for 24 girls and 6 NEC members	171,000	9,449.45
2.	Transport for participants from home to the seminar center times two [x2] [24 girls]	57,879	3,198.39
3.	Facilitations [10 x 5 days]	36,000	1,989.36
4.	Shopping, gifts for good performance [x2]	<u>9,522</u>	<u>526.19</u>
	TOTALS	<u>274,401</u>	<u>15,163.39</u>