

**BREAKING
THE CYCLE**
PROTECTION, RESILIENCE & RECOVERY
for street connected children

2021 
CONFERENCE

UJAMAA AFRICA

NO MEANS NO KENYA: EMPOWERMENT
TRANSFORMATION TRAINING



children RAILWAY
Fighting for street children

Introduction

- Ujamaa Africa is a Non-Profit Organization that works towards prevention of Sexual and Gender Based Violence Among vulnerable women and children.
- We seek to empower vulnerable women and children as we envision a society free of violence perpetrated against women and children.
- We do this by running a comprehensive rape prevention program known as Empowerment Transformation Training for both girls and boys.



Areas of Operation

We currently operate in the following areas

- Kenya: Nairobi County; Kibra, Mukuru, Korogocho, Dandora and Huruma, Kajiado County, and Turkana County: Kakuma and Daadab
- Malawi: 14 Districts
- Somalia; Mogadishu, Galkayo and Kismayu



The ETT Program

- Ujamaa Africa's Empowerment Transformation Training (ETT) program is designed for girls and boys in between the ages 12-20.
- It is a Dual-pronged program: comprises of girls and boys curricula; Girls Empowerment Self Defense (GESD) and the Hero in Me (HIM).
- Taught in classes over 6-week cycles, five times per school year, with the number of students ranging from 10-15,000 per cycle.

Our Trainers

We have about 150 highly motivated staff recruited from within the communities we work in. We recruit staff who prove their commitment to prevent VAWG in their respective communities and that they have mastered key cultural nuances which enable them to speak effectively to the sensitive topics surrounding GBV prevention.

After recruitment, staff are engaged in:

- 3 Week Intensive** - 135 hours. Pass written, physical and teaching exam to qualify as a trainer.

- Co-teach for 6 months** under an experienced trainer. **Practice / Re-training** – mornings. Teach in schools - afternoons

- One full year** to become expert instructor after which you may qualify to become **TOT**

- Rigorous written, oral, physical and curriculum **TOT exam**. (Only 30% initial pass rate)



ETT Program: Girls

- ❑ The Girls ETT Program empowers girls to master a wide range of abuse avoidance techniques:
 - boundary setting and diffusion tactics,
 - verbal assertiveness and negotiation,
 - physical self-defense skills.
- ❑ The program format focuses heavily on hands on training, drilling and repetition of the skills



ETT Program: Boys

ETT for boys delves on the male attitudes and behaviors.

The program reshapes boys' harmful beliefs around;

- ❑ gender and sexuality,
- ❑ increases the likelihood that boys seek consent for sex,
- ❑ encourages boys to intervene on behalf of girls and women.

ETT Program: Out of School Youth

- A particular focus on at risk boys and girls living in Nairobi's informal settlements and Kajiado County.
- We identify this target group through community mobilization and liaising with key community gate keepers.
- The sessions are held at agreed and central meeting point such as Community Halls, Church grounds often sourced through chiefs and community leaders.
- In Kajiado; particular focus is extended towards Boda Boda Drivers and Sand Harvesters. They are identified as both key perpetrators and agents of change towards ending GBV.



Key Research Outcomes: Girls

- Increased Self Defense knowledge and skills: Girls exit the program fully prepared to verbally and physically fend off assailants in single and multiple assailant scenarios.
- Reduction of upto 50% in the annual incidence of rape case
- Increase in Reporting & Disclosure rate
- A reduction in school dropout cases related to Teen Pregnancy, FGM and Early Child Marriage



Key Research Outcomes

Boys

- Increase in Bystander Intervention; 75% of them report intervening to stop an assault on a woman
- Positive Attitude Change towards girls and women; Boys who graduate from our program are twice as likely to reject negative gender norms.





Impact, Learning Curve, Challenges

Impact

- A holistic approach in the dissemination of ETT Program both the out of school and school program has had a positive impact in creating change agents within the communities we serve.
- We have been able to form a social movement among communities; through youth/children training their peers and parents
- Able to “salvage” at risk youth especially during period when most vulnerable



Challenges

Challenges:

- Closure of Schools and ban on gatherings due to COVID has led to Increase in Vulnerability level especially among children owing to closure of schools, and tough economic times.
- Access to SRHR services and care services became more challenging due to focus shift to COVID related illness, and limited access to health facilities due to MoH restrictions.

Adaptation:

- Teacher & Student Champion Program- provided an avenue for continuous training and raising of awareness on GBV related issues within the community

Learning Curve

Learning:

- Allowing Community to own the program did ensure that our mission on GBV prevention was on track despite the restrictions imposed by onset of the COVID pandemic.
- The need to fast-track our sustainability plan of training key community gate-keepers, parents and Gender Defenders as champions of the Empowerment Transformation Training Program
- Roll out program that can be disseminated online reaching out to masses following the unprecedented times caused by COVID pandemic.



Publications

A Self-Defence Program Reduces the Incidence of Sexual Assault in Kenyan Adolescent Girls_2013 The program (No Mean No Worldwide) was implemented in Nairobi slums of Kariobangi and Korogocho schools.

Results: *Incidence of sexual assault decreased from 24.6% at baseline to 9.2% at follow-up ($p < .001$),*

Evidence That Classroom-Based Behavioral Interventions Reduce Pregnancy-Related School Dropout Among Nairobi Adolescents

Results; *Annual incidences of pregnancy related dropouts had reduced by 46% while those in control showed no change*

A 6-Week School Curriculum Improves Boys' Attitudes and Behaviors Related to Gender-Based Violence in Kenya

Results; *successful intervention when witnessing violence was; 78% for verbal harassment, 75% for physical threat, and 74% for physical or sexual assault*

