

RHRP NEWSLETTER



EMPOWER
TANZANIA

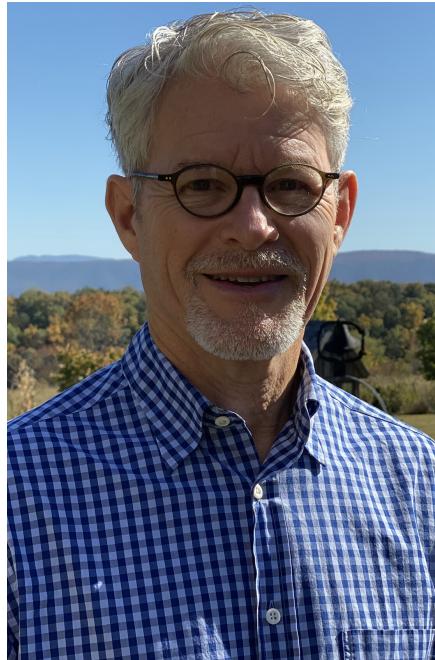
Hi! We have heard wonderful things this month from the schools—schools organizing tamashas, setting up RHRP clubs with the children, and schools organizing guest speakers from the community. This is fantastic! We have also heard reports that the head teachers have been more involved since they were included in the training this year. We hope this continues and the program grows with all your hard work.

We are starting the post-test surveys this month. The results won't be available for a while because they need to be analysed by the experts in America, but we are hopeful the results will reflect all the great work that has been done and all the success we have seen so far.

At the end of this newsletter are the rules we have put in place for the tamasha competition—we really want the children to lead these activities with the support of the schools. We hope it will be a fun and interesting way to engage the children in the program. Good luck!



We want to know about you! We would like to include a spotlight section on someone new each month. Send us your stories of teaching the sessions and a little bit about you ... you could see yourself here next issue!



NOTES FROM DR. JEFF...

As you know, we are always interested to hear reports from you and the students about the impact of the Reproductive Health and Relationships Program on your lives. We have been touched and encouraged by the various stories you have sent. Teachers have described how they are more comfortable talking openly with students about the topics that were previously embarrassing to discuss.

Students say they often consider their teachers trusted adults with whom they can share challenges they face ranging from excessive menstrual flow to sexual abuse. Students have related shocking stories about sexual violence and other life challenges they encounter. Additionally, teachers say they have an improved understanding of how to address concerns the students raise including how to connect with counseling services or the procedures involved in reporting sexual violence to the authorities.

These stories and reports help us adapt and improve the program and we encourage you to continue to contact us with questions or ideas. For example, the newsletter for September described the procedure to follow for reporting sexual violence (abuse and rape) to authorities including the Ward Executive Officer, Village Executive Officer and the police. Please refer to that newsletter for guidance if this situation arises. (All newsletters are archived at www.empowertz.org/reproductive.) Your feedback reinforced our view of the importance of teachers and headmasters/mistresses in the lives of the many children you educate. Please continue to send us reports and stories of situations you encounter so we can assist you in your vital educational work. You have our admiration, respect and support.

Success!

A head teacher shared with us on how the September newsletter helped her understand the procedures to follow in reporting a case of abuse and rape. She was reading a newsletter on this topic after it was shared on the WhatsApp group. While reading the newsletter she received a phone call where a rape case for standard six student was reported to her. She reviewed the newsletter again in order understand which official she should communicate with first. Because of the newsletter she was able to report the abuse case properly for which she is very thankful. Also the head teacher shared with Empower Tanzania staff that the program helped build students confidence and freedom of speech. After the training, while teachers were talking with students, one girl student who is in standard six was able to share how she has been sexually abused by her close relative.



FOCUS SECTION:

Therapeutic Conversations

We want to focus on one topic each issue to provide additional information. These are picked at random, but if you have a request, please contact Jessica!

One of the main ways anyone can establish trust with others is through communication. Because teachers are likely to have the most direct contact with children, effective communication is critical to allow them to express themselves. Teachers can utilize proven therapeutic communication techniques to help children express themselves, particularly when trying to discuss difficult situations. These techniques are used by counselors and health care professionals in their work, and can easily be used by teachers.

1

Silence

At times, it's useful to not speak at all. Deliberate silence can give both the teacher and the child an opportunity to think through and process what comes next in the conversation. It may give children the time and space they need to broach a new topic. Try to allow the child to break the silence.

2

Accepting

Sometimes it's necessary to acknowledge what the child says and affirm that they've been heard. Acceptance isn't necessarily the same thing as agreement; it can be enough to simply make eye contact and say "Yes, I understand." Children who feel they are being listened to and being taken seriously are more likely to be receptive to help and take any further interventions.

3

Giving Broad Openings

Therapeutic communication is often most effective when the child can direct the flow of conversation and decide what to talk about. This can easily be done by giving them a broad opening such as "What's on your mind today?" or "What would you like to talk about?"

4

Active Listening

Acknowledging that you're listening and understanding, and engaging with them throughout the conversation. Using nonverbal and verbal cues such as nodding and saying "I see" can encourage a child to keep talking. Teachers can offer general leads such as "What happened next?" to guide the conversation or propel it forward.

5

Placing the Event in Time or Sequence

Asking questions about when certain events occurred in relation to other events can help the child and the teacher get a clearer sense of the whole picture. It forces the child to think about the sequence of events and may prompt them to remember something they otherwise wouldn't.



FREQUENTLY ASKED QUESTIONS

Q: Can you get pregnant standing up?

A: Yes there is no sex position that offers protection from pregnancy. The only way to avoid! Pregnancy is by not having sex, or by using contraception.

Q: How can I refer a child to counseling services?

A: Any teacher can refer a child to the Same Counselling Foundation through Pastor Nahana. The counseling services are also available to anyone else who may need them, including teachers who are perhaps struggling with the emotions of dealing with a sexual assault case, parents of a child who has reported sexual assault, or anyone else! Please don't hesitate to contact Pastor Nahana—the counseling is covered financially by Empower Tanzania.

SAME COUNSELING FOUNDATION

THE CENTRE IS BEHIND THE AMANI HOSTEL IN TOWN.

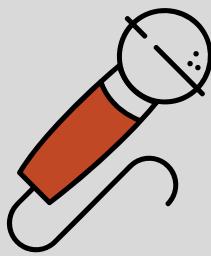
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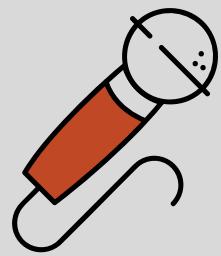
RHRP TAMASHA PERFORMANCE COMPETITION



The initiation of the Tamashas by several schools and the creative ideas generated by the students have given us an idea. We are pleased to announce a competition that gives students the opportunity to creatively address reproductive health and relationships topics that are important to them. Interested students in each of the program schools can make a drama, performance, poem, comedy or song related to one or several of the following topics:



**Discrimination - Bullying - Peer Pressure or Influence
Personal space - Tolerance - Stigma - Harassment
Sexual Harassment - Consent - Puberty
Risks of early sexual relationships - Gender and Gender equality**



Each entry will be presented to the school in a Tamasha presented by the school and the audience will vote for their favorite entries. The two favorite entries from each school will then be filmed by Empower Tanzania staff. The Empower Tanzania staff will then review the entries from all participating schools. The winning entries will be decided by the staff based on:

- *Accuracy of information**
- *Effectiveness of delivering the information**
- *Relevance to young people**
- *Entertainment factors**
- *Sensitivity of content for a wider audience**
- *The potential to influence behaviour of young people**

The winning entries will be filmed in a professional studio and distributed to all schools participating in the Reproductive Health and Relationships Program. These videos will also be used once the program is scaled-up to include all of Same District and hopefully other parts of Tanzania in the future. We are looking forward to seeing what creative ideas the students come up with for their presentations.



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- *The maximum length of the performance should be 5 minutes.**
- *The school will need to select their 2 entries by May 2020.**
- *The winning entries will be announced by June 2020.**

MEET THE TEAM

In this part of the newsletter, we would like to introduce you to the team, one person at a time.



My name is Stella Mushi and I am a teacher from Hedaru Primary School. I teach Geography in standard six, Ethics in standard four, and I am also a Health teacher. I have been empowered with Empower Tanzania regarding Reproductive Health and Relationship Education.

In our school, pupils from standard one to seven are taught a health lesson. After getting the training, we always provide the same education to other teachers who didn't attend the training in our school. The students really enjoy this lesson because they participate very well at explaining the challenges they face at home and on the street. By teaching this lesson, the students are becoming my friends. There are dramas which we perform, rap, dance, choir, student's parliament and student group for give me my right. All of this covers the reproductive health and relationships topics. We have successfully achieved what we do in our video tape and we are very happy to be empowered by Empower Tanzania. You are welcome at Hedaru and can see what we do through video tape.

If you have a comment or suggestion about the newsletter, please email Jessica at jhawl@gmail.com with the subject title "Newsletter." If you need any help with a teaching issue, please contact Catherine at catherinewales17@gmail.com or Yoeza at yoezalmnzava@gmail.com