

RHRP NEWSLETTER



**EMPOWER
TANZANIA**

Welcome to the August edition of the newsletter. We are drawing closer to the training on September 5-7, which was changed from previous dates to accommodate a student testing schedule. The training will include discussions to collect feedback

about how the program is operating and how we can improve, so please come prepared with suggestions! We would like to pass on congratulations on the success of

Mkombozi Secondary School's concert which included a range of performances including acts of self-defence and comedy sketches about early marriage. It appeared to be very enjoyable for both participants and guests. Events such as this will stay with the children and help them remember the important messages taught.



NOTES FROM DR. JEFF

This training will bring a broader spectrum of the community into the program. Our honoured guests include Roman Catholic Bishop Kimaryo, Same District Islamic Sheih Iddi Jumaa Ally, District Commissioner Rosemary Staki Senyamule and District Medical Officer Andrew Godfrey. Our presenters include Pastor Nahana Mjema, Nurses Halima Kajiru, Judith Gao and Jessica Haworth, Rotarians Zawadi Msambaa, Giliad Mkumbwa and Amon Noel, self-defense trainer Nelson Nio and Empower Tanzania staff.

You will be joined by many new attendees including the headmaster/mistress of each of your schools, the Same District social welfare officer, Same chief of police, police gender desk officers and ward executive officers from the eight wards where your schools are located. Not only will the training enhance your reproductive health and relationship topic knowledge and self-defence skills, but will also discuss leadership and learn from you about your experiences and ideas to make the program better. Together with the new attendees, we will work on tough subjects such as issues of gender and how to identify and help victims of sexual violence among your students. Everyone at the training will learn from the ideas and experiences this group will share. I will see you there!

FOCUS SECTION: HIV

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!



HIV stands for Human Immunodeficiency Virus. The virus affects the white blood cells in the body, specifically the CD4 cells (a type of T cell). These white blood cells are responsible for detecting abnormalities in cells as well as infections. When HIV infiltrates these cells, it reduces the body's ability to fight infection and other diseases such as cancer. Once someone is infected with HIV, the person will always have it. However, there are drugs now that mean the virus can be controlled to a manageable level and reduce the risk of someone passing it on to others. Without any treatment, HIV may progress to AIDS (Acquired Immunodeficiency Syndrome) which is when the immune system is so badly affected by HIV, it fails to protect the body from infections and a person can become extremely ill.

HIV is only passed through bodily fluids, including blood, semen, vaginal secretions, anal fluids and breast milk. It cannot be passed through saliva, tears, faeces or urine. HIV can also only be passed on if there is a 'detectable volume' of the virus in the fluid when tested for a 'viral load'. Once diagnosed with HIV, the person can take anti-retroviral treatment (ART) which reduces the volume of virus in the body infecting cells. It does this by stopping an enzyme in the body needed for the virus to spread or stops the virus entering the cells at all. If successful, some people may reduce their 'viral load' enough that they are unable to pass it on. This means that some mothers are able to breastfeed their child without passing on the virus to the child, and some couples are able to conceive a child without passing the virus to their partner.



YOUR STORIES: NJORO PRIMARY

"Before the Reproductive Health and Relationship Program started, girl students were so shy, when they are in their periods most of them miss school, if it happen while she is in class they ask for permission to go home with an excuse that she is sick. Boys used to laugh at girls a lot if someone get dirty while in their period. But after the program all student were comfortable talking about menstruation openly and understand it's a monthly round so they are more prepared like carry a pads in their bags if the period start while in school compare to before. Also boys are not joking or laughing to girls if they get dirty while in school. And girls don't miss school at all or ask permission to go home during their menstrual period as it was before."



FREQUENTLY ASKED QUESTIONS

Q: What does emergency contraception do?

A: Emergency contraception refers to methods of contraception that can be used soon after having unprotected sex to prevent pregnancy. This could be needed for a range of reasons, including having a condom break during sex, sexual assault/rape, or missing a contraceptive pill during a packet. There are two main types—one is a pill which affects the hormone progesterone in the body, delaying the release of an egg (ovulation). This means the sperm cannot meet the egg to form a baby. The other type is the Intrauterine Device (IUD)—a plastic and copper device placed into the uterus. This stops the egg implanting into the uterus or being fertilised. Neither will cause an abortion as there is no embryo yet.

Q: Can a woman get pregnant while breastfeeding?

A: Yes. Becoming pregnant while breastfeeding is less likely because the act of breastfeeding interferes with the hormones needed to ovulate (make an egg), but a woman can still get pregnant. This is because the hormone levels can change if there is a reduction in breastfeeding (e.g. baby sleeping through the night), a change in routine, or the baby starts weaning. A woman can get pregnant as soon as three weeks after giving birth, so precautions should be taken if pregnancy is not yet wanted.



GISSELA HONORY MOSHI

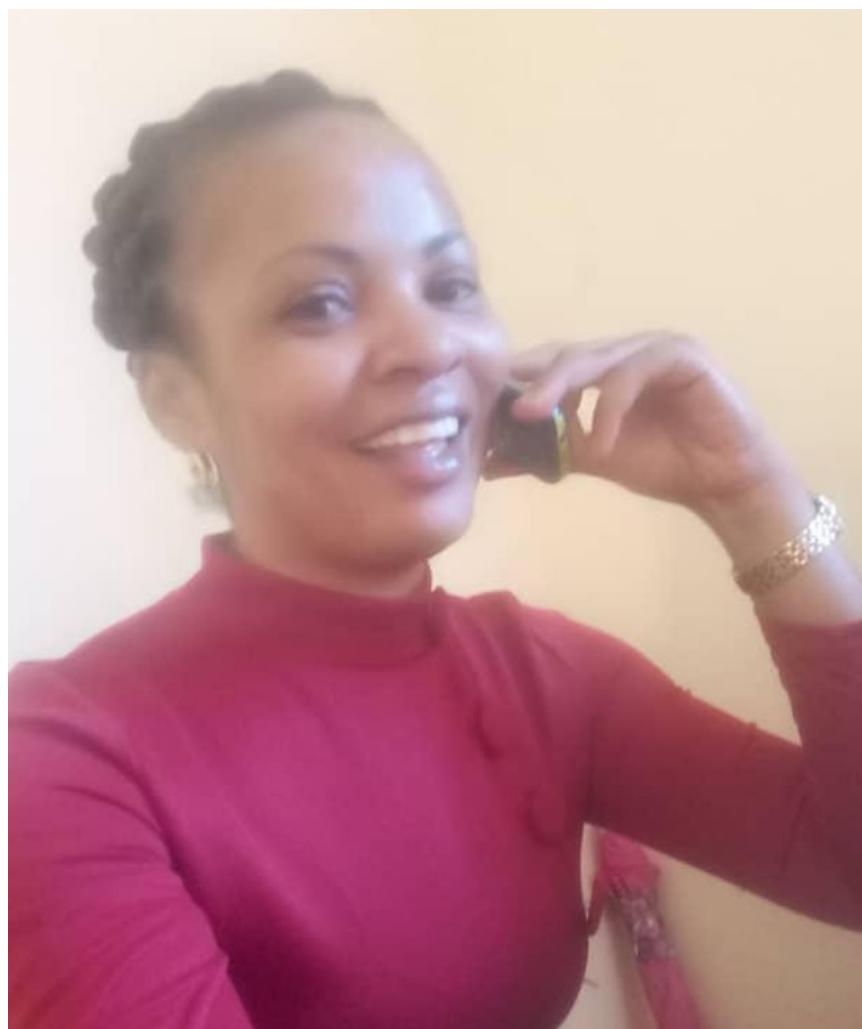


Gissela Honory Moshi is a Tanzanian lady and a professional teacher for over five years. She has been working as a language teacher ever since she graduated with her Bachelor's degree in education from a reputable university.

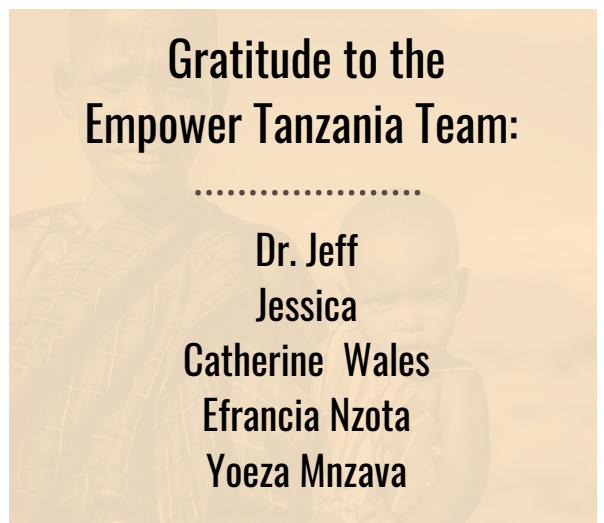
Gissela is also a discipline mistress at Joyland Girls Secondary School in Same district working with Apostolic Life Community of Priests in the Opus Spiritus Sancti (ALCP/OSS). She has also been participating in several seminars and other community works as a volunteer.

Gissela attended the three-day seminar last September organized by Empower Tanzania about the Reproductive Health and Relationship Program (RHRP). Some of the sub-topics taught were Friendship, Love, and Romantic Relations, Peer Influence and Decision Making, Body Image and Self Worth, Self Defense, Refusal, Negotiation and Finding Help, Human Rights, Gender Based Violence and Other Violence, Sexual Life Cycle and Behavior, as well as Understanding and Reducing the Risks of STDs including HIV, etc.

Gissela is a sports fan lady like jogging and a volleyball fan of all times. She would spare her ample time for workout and other healthy duties in general (physical exercises). Her hobbies are interesting and they include traveling, music playing and listening, jogging, and chatting is also her most hobby tip. She is a kind of charming lady above all, smiling mostly, optimistic, as well as a God-fearing young woman.



Gratitude to the Empower Tanzania Team:



Dr. Jeff

Jessica

Catherine Wales

Efrancia Nzota

Yoeza Mnzava

SPOTLIGHT:

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!

OTHER EMPOWER TANZANIA PROGRAMS...

In this section, we want to let you know about some of the other work Empower Tanzania is doing. You are now a part of something much bigger.

Same Learning Center & Msindo Most Vulnerable Children's Club

Same Learning Centre (S.L.C) was established in March of 2017 and inaugurated in April of 2017 for the main purpose of providing/saving additional school subjects especially English & Kiswahili languages and life skills subject for orphans and most vulnerable children from three wards primary schools of Same Town, namely Kisima Primary, Majevu Primary, Same Primary, Saba Saba Primary, Majengo Primary and Kiwanja Primary.

Currently the S.L.C provides additional subjects to 80 students from six primary schools. The Same Learning Center was started because we wanted to increase the number of underserved primary school-age children participating fully in the educational system in Tanzania. Many of these underserved children are vulnerable. They are undernourished, do not have both parents at home, and many times are not able to go to school because of the lack of funds for their school uniforms and school materials. The need for high quality instruction at the primary level is crucial. Missing school or not being able to fully participate means children fall behind academically. The achievement gap continues to widen and many are not passing the standard seven examinations. If they are able to go to secondary school, they are not at the same level as their peers.

Same Learning Centre provides school uniforms, lunch for students in their respective schools, shoes, school stationaries, and basic hygiene supplies. We serve 55 students in our centre in Msindo Lutheran Parish whereby we work in partnership with Lutheran Church. These students come from four primary schools: Msindo Primary, Mbakweni Primary School, Chabaru Primary School, Mararo Primary School and Duma Primary School; however, we also have some students studying Form One at Madiveni Secondary School.

Goals of the Education Program:

- ~Provide a learning center for the underserved (vulnerable) children in Same town and Msindo MVCC.
- ~Standards 4, 5, 6 & 7 students shall receive enhanced study instruction and materials using the Tanzania Primary School curriculum.
- ~Provide a caring environment where the students are heard and encouraged to participate in discussions as they learn, building their confidence and social skills.
- ~Facilitate life-skills exercises.
- ~Raise the level of learning and retention for all students, so that they will do better at school and pass the standard seven leaving examinations.



MEET THE TEAM

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



JESSICA HAWORTH

Jessica is a children's nurse working in the UK – she currently works in a busy children's Emergency Department in London which covers anything and everything from birth to 18 years old. She loves the challenge of her work and the busy environment treating seriously ill or injured children. She has also worked in a range of other settings, including refugee camps, a rural hospital in Uganda, and homeless shelters in the UK. Jessica also has a special interest in sexual and reproductive health education of young people. She completed her Masters in Nursing Science with a focus on sexual health education. It is this interest that led her to write the very initial plan for the curriculum now taught in the schools in Same and continue to work with Empower Tanzania to implement and develop the program.

Outside of her work, Jessica loves to bake, travel and meet new people. She is very excited to return to Tanzania again and be a part of the wonderful team involved with the Empower Tanzania RHRP.

CONTACT US:

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



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