

## **Makindye Secondary School Social survival skills training report**

**Date: 29<sup>th</sup> August 9<sup>th</sup> September 2016**

The topics that were covered at this training were

- Social survival skills (Knowing who I am, the art of social intelligence, mind mapping)
- Self defence
- Violence against women and girls/ patriarchy
- Peer pressure
- Career guidance
- Sexual reproductive health and rights
- Human rights with particular interest to women and girls' rights

### **DAY one**

Of the 37 girls 17 were in senior ONE, 10 in senior two, 17 in senior 3 and 7 in senior 5.

This session was led by Ms Mildred Apenyo. It was a conversational session where she together with the girls explored the illustration of the master house. This conversation centred on patriarchy and the power it gives to the "master". She explained that patriarchy gives men so much power which is unfortunately abused thus resulting to low self esteem for girls and a confused identity.

She then asked the girls to share some experiences they have had in relation to the topic. The following were shared

"I was in a school where there was discrimination based on ones tribe. It made me very annoyed because even if it was a concert the banyankole children would be made to stand in front even if they were not very conversant with the item. This has made me not to trust people very much".

"One day my family lost everything in the house. My mother ended up in prison because she was fighting to get our property back. I wish we had a good lawyer at that time maybe we would not have lost our property. Right now am working so hard so that I can make those people pay. I know I WILL DO IT ONE DAY. This experience motivates me to read hard so that I make an astute lawyer"

### **Discussion on Power**

The facilitator encouraged girls to always interrogate power and what influence the person in charge over them makes on their values/ behaviour at that moment. Many girls said that they feel guilty, shame when they look back on some of the bad experiences from their male relatives

### **Creating the culture of consent**

She then said that girls need to learn ask for consent and give consent when their bodies/ values are at risk. For example no boy should touch girls' breasts without her consent and like girls should not abuse other people's bodies without their consent.

## **Day two Self defence**

Day two was committed to learning self defence mechanisms for girls. The facilitator emphasised that this session was not to be mistaken for fighting or causing fights. The objective is to equip girls with tactics to run away from compromising situations or even in real attack situations. The idea is for girls to know how to use their body to fight off the attacker and run off. A number of techniques were showcased and the girls were given an opportunity to practice each of them.

## **Day Three & Four Professional writing skills**

This session aroused girls' retention and comprehension abilities. Two movies were shown: The last king of Scotland and the second, great expectations.

After watching the movies participants were tasked to write what they saw and learned from the movies.

From the last King of Scotland, participants reported knowledge of the history of Uganda. They were also able to dismiss some myths they heard about the Late President Idi Amin Daada. From reading their responses, the facilitator noted that there were tendencies of low comprehension as some girls could not watch the movie to the end. She also noted inability to express oneself in good English.

Assignments were given; one was to write a formal letter and the other brief curriculum vitae. The facilitator took these to be marked and promised to return them.

## **Day Five gender patriarchy and violence against women and Girls**

This session enabled participants to understand the root cause of violence, what it is and what girls can do about the violence. The facilitator asked the girls to divide in groups basing on their tribe and they discussed what they like and dislike about their tribes, cultural practices and norms.

Most girls were from the central region and mentioned that they like

- traditional dresses,
- their love for the king
- respect among the baganda
- baganda are well cultured

Lesson from this exercise was that girls should respect each other's cultural background and no one should impose expected culture, norm and behaviour on others.

Definition of patriarchy; in order to understand this, girls were required to think and brainstorm on the "advantages" boys have over girls. They listed the following

- Inherit property
- Men have higher positions in church
- They are consulted for making important decisions
- They own more property

- Men can have more wives yet women can't have more than one man
- Men are the heads of the family even if he is so poor
- Women are not considered for some jobs eg brick making
- When they make the same mistakes, girls are blamed more than the boys
- At work places men are given higher salaries than girls for the same work done
- Men have the privileges to lead prayers in most religions

She informed the participants that this “power” and privilege that men and boys enjoy over the girls is given by the society. It is deeply rooted and is passed on through systems. However their obligation as girls is to question this power and systems which makes them vulnerable. She said that girls need to do this as a team because individual effort may not go so much.

Two assignments were given

1. What can individual do to be more empowered?
2. How can they do it together?

Gender Based violence was defined as physical, mental, psychological or emotional pain caused on someone based on their gender identity.

### Day 6 Human Rights Enid Nambuya

This session enabled participants to understand, adhere, appreciate, promote and protect human rights. The session also cautioned participants on how to create a harmonious free society where there is respect for the rule of law, school rules and regulations. Rights are possessed by all people by virtue of being human to enjoy life of freedom and dignity

In different groups the girls were able to identify their rights for example

- Right to education
- Right to health
- Right to food
- Safe environment
- Right to life
- right to fair hearing, what the case is, kind of punishment and right to ask for pardon
- Right to family

Students then discussed the different rules they break what causes them not to adhere to them and suggested solutions to these diversions from the school rules and regulations. Some solutions included;

- Treated hair is not allowed and must be kept short
- Co-Curricular activities should be participated in
- Coking in dormitories is not allowed
- Areas out of bounds should not be accessed.

## Day 7 Sexual reproductive health rights Dr. Judith Ajeani

This session enabled participants to understand their female body parts what they role they, how to keep them safe and what to do when certain signs and symptoms other than normal are noticed

### Definition of terms

- Sexual reproductive health rights is defined as the rights of all people to information and services they need to protect their SRHR
- Who is an adolescent, one in stage of puberty (10-19), young person 15-24

In Uganda the highest population is below 24 years

- Puberty is a period of growth that begins around 11-13years
- Menstruation

### Changes that take place in the females during puberty (Oestrogen and progesterone)

- Growth of breasts
- Menstruation Period
- Growth hips
- Soft voice

### Boys (testosterone)

- Beads
- Wet dreams
- Deepening of the voice

### Understanding the MENSTRUAL CYCLE and how to keep proper hygiene during this time

- Regular change of pads
- Regular baths with soap and water, avoid sticking our fingers into the birth
- Enough rest and some rest if necessary
- Drink plenty especially warm fluids
- Good diet especially iron rich foods
- Can keep diary off when periods starts/stop

### Discussion on Sexually Transmitted Infection

- Syphilis,
- Gonorrhoea,
- HIV,
- Genital herpes; these are spread through sexual contact.

Who is at risk; commercial sex worker, having un protected sex, multiple sexual partners, barmaids, truck drivers, bruised skin or membrane along the reproductive duct, defilement or rape

### **How to know one has an STI**

- Abnormal discharge
- Pain in the lower abdomen
- Pain when passing urine

## Gender awareness with Boys of Makindye Secondary School by Mr David Mpiima

The objective of this session was to cause an awareness of gender, violence against girls among the boys. As a result from an understanding of the issues the boys will be champions in the campaign against violence in their schools for all their male peers.

The facilitator started by asking the boys to talk about the differences between girls and boys which they ably did. He then asked the boys to share why boys are treated differently from girls

- Boys develop beards, girls develop breasts
- Boys have a penis girls have a virgin
- Boys undergo wet dreams girls experience menstruation
- Boys have no womb, girls have a womb

### By teachers

- Girls are seen as sexual material by some male teachers
- Boys are considered more wise than girls
- Boys are punished heavily by teachers because the teachers consider them to be stronger
- Boys are groomed to become the home providers
- Boys are more focused on achieving their career goals than girls

### At home girls are treated differently from boys in the following ways

- Girls are forced into early marriage
- Girls are neglected from inheriting property while boys have all rights
- Boys are given more freedom e.g. they move away from home any time they want
- Girls are seen as assets by parents as they are always prepared for marriage
- In case of punishment boys are given heavier punishments than girls

In order for the boys to further understand the magnitude of sexual violence against girls, he asked them to compare the impact of sexual violence on girls to boys. They came up with the following.

Consequences to boys	Consequences to girls
<ul style="list-style-type: none"><li>• Early responsibility</li><li>• sexually transmitted diseases</li><li>• Imprisonment</li><li>• School drop out</li><li>• Decline in academic performance</li></ul>	<ul style="list-style-type: none"><li>• Early pregnancies</li><li>• Abortion</li><li>• Early marriage</li><li>• Increased risk of death</li><li>• Stds</li><li>• Bareness</li><li>• School drop out</li><li>• Death due to abortion</li><li>• Diseases like fistula</li><li>• Family neglect due to pregnancy</li></ul>

- Increased risk to dying while giving birth

It was agreed that sexual violence has more detrimental impacts on girls than boys and thus the boys were given the mandate to speak and act against these issues.

**Boys were asked to suggest ways to reduce violence against girls**

- Community members should sensitise the community about the dangers of violence
- Parents should teach their daughters on their dressing code
- Authorities should punish parents who exploit their children
- Parent should engage their children in domestic work
- Community members should report violence cases to the community police
- Sensitise the community about the dangers of violence against girls
- Act as the police informant on cases of violence against girls in his community
- Attending mempro seminars and other workshops that talk about violence against women
- To stop and avoid taking drugs that make us go out of our senses
- By reporting cases of violence like raping to the community
- Abstaining from sex and controlling my anger
- I will cooperate with my fellow children (girls) so that they feel that they are equal with me
- I will organise anger management and counselling sessions to help and educate my community about the dangers of violence
- Knowing my limits when interacting with the girls
- By living an exemplary life
- By teaching the girls self defensive mechanisms against rape especially
- By not engaging in any form of violence in the community
- By avoiding bad peer groups

### Names of boys that attended this training

Name	class	Phone number
Ssentuwa Marvin	S. 2	0701510071
Ssimbwa Hassan	s.3	0782402962
Mwesigwa Daniel	S.3	
Musene Issah	S.5	0781793300
Karamira Enock	S5	0701447901
Ntale Vog	s.3	0705768290
Deng Daniel Mach	S.3	0703909199
Dhie David	s.5	0785400609
Ddiba Joel	s.2	0700319184
Mustafah Mubiru	S.2	0700402937
Ksakya Eric s.2	s.2	0705912082
Kamoga Daniel	s.3	0701705381
Yrabonye Remmy	s.3	07830333708
Walugembe John Bpatist	S.5	0751758454
Mpiima Faisal	s.5	0702666961
Ssebanyiga Aloysious	s.3	0756734447
KYIBUYE Ronald	s.2	
Kabugo Shafic	s.3	0705978762
Ssebagala Ronald	S.3	0702778932
Bukenya Brian	s.5	0704087006
Gassaaka Daniel	s.2	0704315624
Fatuh Kiggudu K	S.5	0784107117
Kisekka Eddy Noah	s.5	07594744229
Kiwalabye Godfrey	S.5	0705025010



## **Gender awareness session with teachers at Makindye S.S.S**

In order to encourage teachers to identify with girls and to support them to boost their participation in school, we conducted a gender awareness session with 26 teachers of Makindye s.s.s.

The facilitator asked the teachers if they are aware of the different challenges girls face. They listed the following.

- Lack of self awareness
- Stalked by men on their way to schools
- Sexual harassment by some teachers and students
- Lack of basic requirements
- Girls get extra fatigued because of too many chores
- Girls lack self esteem
- Peer pressure
- Boys express themselves better
- Girls fear to give wrong answers

Problems with the students

- Day scholars are irregular
- Students fake sickness
- Lack of self-drive

With this awareness the facilitator encouraged the teachers to purpose to be good mentors for the girls. She also advised teachers to learn a sport and in turn teach it to the students. Engagement in co curricular activities boosts an active mind. The outstanding achievement from the training was:

- Teachers committed to understand girls situation before passing judgement
- The senior woman teacher and female teachers will be champions for menstruation management in order to encourage girls not to miss their lessons because of the periods.

MEMPROW will inform the school Principal about the dire need for her teachers to know and understand their professional code of conduct in order to avoid committing crimes against the students and the school in general. Generally since MEMPROW's first training in this school, teachers reported improved attitude to girls and reported that they are now more supportive to girls.

This school also has some best practices and a proposal was made for a learning day with other teachers that MEMPROW trains as a way of exchanging good practices.

## Stories of change from the trainees

MEMPROW has changed my mind through the sexual reproductive health session. At first i would hear about abortion done by some girls and never knew the consequences. Now i know all the consequences of abortion. I have learned how to protect myself from some STDS Deborah Nakanangu

Before I came to the memprow training, i was very confused and proud. I did not trust anyone but I have learned that it is good to interact with people and make some friends. I have also learned to say no when I have to say no. Ndagire daisy

I have learned that fighting for female rights is not only meaning you want girls above boys. It is about ensuring that men and women have equal access to resources and opportunities. I have also learned to focus in order to achieve what I want to be in future. Lillian mutamba

**Memprow has** given me the courage to promote and enjoy my rights as a girl. I am brought up by my single mother who does not have a lot of time for me, but MEMPROW helped me to discover myself. I am now aware that I can survive because i have learned how to set my goals. Nassuna Tanisha

My name is Nakiwu Juliet and I am in form three. Before I joined memprow I was a very bad girl and always shy. I had a bad gang that I belonged to. Since the memprow training, I have decided to keep away from that gang. I am no longer a dangerous girl because people used to fear me. I have learned to make friends.

Memprow has taught me how HIV/AIDS is transmitted.

I have learned that I should not involve myself in bad peer groups because that may lack of concentration in class and even lead me to poor performance .Nayiga Estherita

From the MEMPROW Training I leaned that I have rights; for example the right to a name. I also learned how to deal some situations in case they happened to me. For example in case i get raped, i should immediately report to the police, I should not even first bathe in order not to destroy the evidence. Nansubuga Yvone

From this memprow training, I will become more vigilant. I will take on leadership positions in order to protect girls from making bad choices. I will be a capable leader during school nanyonjo Martinah

From MEMPROW I HAVE LEARNED that we are different but we have to be a team for change to happen. I have to team up with my colleagues in order for us to use the different set of skills and knowledge that we each pose for development. Kitimbo Enid

This training has brought change in my life. For example I have learned that I should be my friends' keeper. For example when a girl menstruates and she spoils her skirt, i should not laugh at her. Instead I should be the one to help her get a safe place to clean up. madinah Nanyonjo

Before i started this training i could not speak to my parents about certain things for example menstruation. But now i have learned that it is normal, I no longer fear to say anything to them. Joan Nakityo

This training has built my confidence. We were doing a lot of group discussions and I was the one presenting for each group I belonged to. This enabled me to overcome my fear and shyness

I have learned that challenges are opportunities for self improvement. If you get a challenge you can find a solution and even learn from that challenge. Namayanja Rahmat

## Memprow girls at Makindye SSS 2016

	NAME	TELEPHONE NO	CLASS
1	Naggayi Vanessa Sarah	0752936580	S.1
2	Nanyonjo Martinah	0772855801	s.1
3	Nazziwa Shanitah	0752485625	S1
4	Bwitwirire Concepta	0712547886	s.1
5	Nakaziba Ritah	0776226062	s.1
6	Kitimbo Enid	0705038420	s.2
7	Nakimbugwe Smrat	0705894449	s.1
8	Namujju Mericia	0775753817	s.1
9	Birungi Bridget	0772964440	s.2
10	Mutamba Lillian	0779855019	s.3
11	Nakiwu Juliet	0704883505	s.3
12	Nalubwama Sylvia	0759346967	s.3
13	Nassolo Derinah	0782408281	s.2
14	Nampijja Jalirah	0702390003	s.3
15	Nakato Shakirah	0782127034	s.1
16	Kisakye Gloria	0703762488	s.2
17	Namusoke Sarah	0782480628	s.2
18	Namaganda Joeliria	0782127034	s.2
19	Naluwugge Jackie	0782910678	s.5
20	Nabijuma Mary Georgina	0705833650	s.5
21	Nakangu Deborah	0754333328	s.5
22	Nabisaso Doreen Majorine	0759025345	s.5

23	Nalubwama Lydia	079753154	s.5
24	Nakachwa Joan	0701174579	s.5
25	Nansubuga Yvone	0712350121	s.5
26	Najjuko Christine	07044930200	
27	Wanyana Evelyn	078484821	
28	Nansambu Jamillah	0705934406	s.1
29	Nuwahereza Sharon	0779371580	s.1
30	Nakityo Joan	0773419199	s.3
31	Nalwoga Joan	0754888892	s.3
32	Nanyonjo Madinah	0701234401	
33	Nakimbugwe Shirat	0705894449	s.1
34	Namujju Mericia	0782877199	s.1
35	Nassuuna Angel Tanisha	0704531678	s.2