

Social Survival Skills Training at Nebbi town Secondary School

The training took place from the 30th May to the 9th of June 2017 at Nebbi Town Secondary School. Started by establishing the status of the individual girls.

Class attendance	Career	person they live with
senior One 21	Doctor - 5	Biological parent- 21
Senior two 6	Lawyer - 3	mother and step father-5
Senior three 14	Journalist - 1	father and step mother-0
Boarding section 12	Nurse - 16	uncle -9
	Pilot - 2	aunt- 3
	Teacher - 2	sister- 2
	Police woman - 1	
	Sister - 1	
	Politician - 2	
	Engineer - 1	
	Accountant - 6	

The session social survival

Social survival can also be defined as:

- Being together
- Being together in happiness

Survival: being able to live/ to exist.

Skills: Possessing an ability.

SSS- capacity to live happily in a group, school, community and in life

Session: How experiences define us. For example if you grew up unloved, would you be able to love?

In your life, what gives you a bad feeling about yourself? Go as far back as you can in your life.

Participants

Physical	Social	Economic
Corporal punishments	Being hated by the people	Not being able to
I hate the menstruation period with a lot of pain	Insults from a Teacher	I hate free gifts
Laziness	Insults from people	

As in many schools most of the girls mentioned things that they hate to do or hate about others and did not focus on themselves. It takes a while to finally look at oneself wholly and this is what social survival skills training Programme is about.

Kind of insults from the teachers

- ✚ Pick and play
- ✚ If you were my wife, I would treat you badly

Parents (worst words used by parents)

‘Go and marry’

Canning

‘If you don’t have a boyfriend, you will never get a husband’

Wednesday 31 May 2017

Change recognized only after the first day

“My uncle realized that my walking style had changed, I walked with confidence and keeping my head high and he asked me what was wrong with me. I told him it is because of the training then he told me to teach him. After he encouraged me to keep it up and even learn more tomorrow”

The power of social intelligence

- The art of reading people
- The art of listening-
Things that interfere in our listening as mentioned by the girls: problems at home, unhealthy relationships, violence, peer groups, child labor,

Summary of what social intelligence skills are;

Social intelligence means u can understand other people and relate to them

You must be able to make good decisions for yourself

Participate in making your decisions

Make decisions that build you not those that break you.

Have confidence in yourself

Being useful to your community

Being able to talk to other people

Being aware of how other people are feeling

Being able to sell yourself in a positive manner

What do you fear end relationship? They will expose you

Negative consequences of early sex as told by participants

- ✚ Early pregnancies
- ✚ HIV/AIDS
- ✚ STI's
- ✚ Loss of respect
- ✚ Dropping out of school

Exercising the social intelligence skills learnt (role plays)

What is it that is in my community that can stop me from achieving my aspirations?

What I hate about the Alur culture: circumcision, envy, jealousy, witchcraft, wizardry, early marriage, stealing, quarreling, greedy, segregation ,killing, abusing other people, insulting, abortion, child sacrifice, adultery, backbiting, murdering, defilement, rape ,corruption, food taboos, abortion, alcoholics, child abuse, Kenyi, funeral for many days.

MIND MAPPING:

Planning for your future in your head. Your mind must be able to have a map of where you are, where you want to go and how you are going to reach there.

Peer pressure

1. How many of you have done something that you did not want to do because you did not want to annoy your friends.
Sharing

Consequences: Go to disco and one of their friends was raped, climbing and urinating on the tree, drinking alcohol and later suspended,

Examples of peer pressure led behavior and actions among the girls

- Being pushed to have unwanted sex
- Being influenced to leave school
- Being forced to steal
- Being forced to go and marry
- Being influenced to dodge lessons
- Being influenced to read books
- Being influenced to abort
- Influenced to revise
- Talking in class
- Escaping from school
- Reading with determination
- Forced to go for a disco dance
- Influenced to use abusive words
- Influenced to drink alcohol
- Nicknaming teachers
- Unwanted sex
- Fighting in school
- Teachers tell them us to go and marry if you are not performing well
- Forced to have a boy friend

What do you gain from being with a boyfriend at school?

Give money, discuss in school,

Two types

Direct and indirect pressure/ spoken or unspoken

Indirect peer pressure

- Role plays

Peer pressure in the community

In the school

At home

Pressures as portrayed in the role plays

- Forced marriage
- Friend influencing others to go to disco
- Mother encouraging her daughter to drop out of school

- Indiscipline.
- Late coming
- Pressure to have sex
- Pressure
- Smoking
- Indiscipline
- Copying people's dress codes
- Why people give in to peer pressure?
- Afraid of being rejected
- We want to be appreciated by our friends
- The need to feel mature
- For fear of friends to make fun of you
- Do not want to hurt someone's feelings

When not sure of what we want in life

Learn to know what you want, choices you make today will affect your future.
Whatever you decide to do will have a consequence either positive or negative

Patriarchy, Gender and VAW

Introduction

The method used was to enable participants have an opportunity to think about the future.
Name, who you are and what you would like to be in future.

They then defined the things that distinguish the Alur from other people

Language, taboos, traditional marriage (kenyi), food, behavior, traditional dance, witch craft, beliefs, practices, males are very important in the community, when a family gets a boy they celebrate more than when they get a girl.

Definition of Patriarchy

It's a system that perpetrates male supremacy

Originates from the realities in which we were living, however society has changed. No wild animals roaming around, girls have become leaders, women are richer than men. Because this is a system it's not the fault of one man for example even the bible and quoran, you find that men are given supremacy. In the education system in social studies, for many years has portrayed women in a traditional role.

Consequences of Patriarchy on us as women as told by the girls

- Girls miss opportunities to go to school if resources are less
- Girls are not trained to be leaders, they do not expect them to go beyond traditional roles.
- Violence
- No ownership and control of land
- When a girl is getting married, its only men who discuss dowry
- The heads of religions are men

Patriarchy influences many aspects of our lives and therefore girls should be aware. It's a societal belief that men have power and right to discipline girls and women therefore a strong connection between patriarchy and violence.

Gender based violence:

Definition of gender based violence

Role play that portrays violence in homes. Father denying his children the right to education and food, economic violence to his wife, physical violence to both the children and their mother.

Forms of violence: physical, economical, psychological/emotional violence

Physical: beating, canning, burning, kicking, slapping, boxing, hitting, tying,

Sexual violence: rape, defilement, unwanted touches, sexual harassment

Girls seemed to be very clear on what physical violence is,

Groups work

Group one: Causes of physical violence in a home

Alcoholism, peer pressure, peer pressure, lack of corporation, drug abuse,

Group two: Causes of sexual violence like rape and defilement

Accepting gifts from strangers, walking alone at night, Dress code, unnecessary visits, bad touches,

Causes of defilement:

Peer pressure

Dropping out of school, going to a stranger's house alone

Exposing private parts

Facilitator

80 percent of rape is committed by people known to the victims

Wearing Short dresses does not cause rape

It's never the fault of a person who is raped

It is not to say that girls should behave anyhow because there are some behavior that increase the risk

Violence is not only suffered by women, there are some boys/ men who suffer violence

Discussion around the following statements

1. Violence against women is caused by drugs and alcohol

50% said it's true

2. Some people deserve to be beaten/ provoke the violence

Consequences/ effects of violence- participants

Poverty, Early marriages, HIV/ AIDS infection, STIs, family breakdown, school dropout, child neglect, insecurity, poor performance in schools, loss of respect, low self-esteem, loss of trust, early pregnancy

How can we work together as MEMPROW girls to protect ourselves from violence or to support a friend?

What can we do to educate people in our community?




Questions:

❖ Psycho social stressors in Young women

Dr. Dennis Kintu

Definition of words- psychology, social, stress

Psycho social stressors

-  Abuse
-  Exposure to violence
-  Divorce and marital conflict

death

The child becomes bitter, anti-social, may find it hard to be at peace with their partners

How are girls wired in the brain?

How are boys wired in the brain?

Lymbic system as a group of tissues/ structures that are responsible for producing emotions and the pre frontal cortex regulate emotions.

Girls/ women have a larger well developed pre frontal cortex compared to boys which means as far as regulating emotions is concerned, girls less act out behaviors compared to boys. Boys more act out emotions compared to women. Girls tend and befriend instead of fighting, they reason a lot and have advanced language skills especially the body language, better at interpreting emotional ques. Boys have poor emotional regulations.

Girls/Women can do several tasks and none of them goes wrong because their brains are inter woven whereas a man focus on one task at a time.

Types of stress:

- ❖ Negative and positive stress. Negative stress helps to boost our performance.
- ❖ Acute stress and chronic stress. Cortisone hormones will allow you to deal with chronic stress while adrenaline hormones helps one to deal with acute stress but cortisone is very dangerous that somebody can easily get a heart attack. To the stomach, cortisone accelerate a lot of acids in the stomach which causes ulcers.

How to manage stress

Urgent and important	Important but not urgent
Not important, not urgent	

Girls share how they have managed stressful situations

- Ignore
- Telling them off
- I maintain self-confidence and esteem
- I control my emotions

Comparing yourself in a health way but not being too much obsessed. There will always a person who is better than you. Helps one be at peace and even perform better. Comparisons should be a motivation for one to be better.

Assessment of the session: one thing you enjoyed or learnt

- ✚ Girls have a larger prefrontal cortex hence reason better than boys
- ✚ Function of the prefrontal cortex...responsible for reasoning
- ✚ Prefrontal cortex regulates emotions
- ✚ Meaning of psychology
- ✚ Interpersonal relationship
- ✚ Prefrontal cortex controls the limbic system
- ✚ Ignoring as one way of managing stress
- ✚ Ladies have advanced body language
- ✚ Meaning of stress
- ✚ Girls can multitask and boys concentrate on one thing at a time
- ✚ Meaning of social
- ✚ Prioritizing issues
- ✚ Psychology as studying the mind
- ✚ Abnormal heartbeats are called arrhythmias
- ✚ The limbic system produces emotions e.g libido, anger, love, fear
- ✚ Reasoning, emotional regulation as functions of the limbic system
- ✚ A stressor is an actual or perceived stress to somebody
- ✚ A group of cells make up a tissue

Dr. Ajean

Expectations

- Menstruation
- Ovulation
- Signs and symptoms of a pregnant woman
- Abortion
- The reproductive system
- Why some people feel pain when menstruating
- Why people abort
- How babies are formed in the uterus
- Why little blood during menstruation
- Why some girls menstruate but do not conceive
- Disadvantages of using condoms
- Why some girls do not experience menstruation
- What type of foods to eat when pregnant
- Why babies come out before the Expected

Girls' feelings about abortion

- There is no safe abortion because it all leads to the same punishment before God.

- Abortion leads to loss of respect within the community
- Abortion leads to loss of life
- Abortion is expensive
- It leads to bareness and God will punish you –

There was a clear understanding of abortion among the girls. All girls knew about a girl(s) who had aborted.

Pawpaw roots when cooked can abort a baby, tea leaves

Abortion can lead to bareness

Is it true that when you take boiled coca cola it can aide an abortion?

What causes some women who ever given birth normally to be operated.

Is it okay to have menstruation twice in a month?

I heard that when you are pregnant you can have sex is it true?

I heard that when you give birth you take coca cola?

My aunt said that the fluids that come during the menstruation they stop is it true?

Men with aids get cured when they have sexual intercourse with girls before their first period?

Women in my village say only big girls menstruate, is it true?

When you climb a tree when you are menstruating the whole tree will die?

Can sex cure painful periods?

My boyfriend that when she has sex with him during her menstruation she will not get HIV/AIDS or pass sperm

Is it true that when you have syphilis you do not get pregnant?

I was told by a friend that hiding money in the breast may cause cancer is it true?

Some people say that if you do not want to get pregnant, take a Panadol before having sex?

Why do some babies refuse to breast feed during delivery?

If a boy who has been circumcised and has HIV AIDS and has sex with a woman, does she get infected?

If you do not play sex you will not get fat?

Is it true that when you have sex while standing you do not get pregnant?

Is it important to have a boyfriend?

Richard Oneka

Children's rights

All participants have ever heard about children's rights

Who is a child? Person below 18 years, one who needs help from others, person below 20 years, a person who needs special care, person who cannot provide for their basic need. We do not define children as people who need help because there are older people who need help, special care. Child is defined by age. Person below 18 by law.

What are rights? Freedom given to someone, things every child should have for safe and healthy living (participants)

Children's rights:

Exercise:

Draw a sketch of a child, put what the child will need to grow up safe and healthy. The exercise portrayed that girls were aware of the children's rights.

Rights grouped into four

Survival rights: Rights that help the children not to die for example medication, food, shelter, protection

Protection rights: keep children away from harm, Safe from harm, privacy

Participation rights: decision making, speech, election,

Developmental rights: education, information, praying, playing,

The UN convention on the rights of the child which was produced in 1989. It shows the list of children's rights.(discussed)

Identifying the various articles that describe particular rights in the above document enabled girls to understand their rights better.

Rights and responsibilities

Participants mentioned a right and their responsibility towards that right.

Qn: I would like to know the meaning of privacy

Safe and unsafe: identifying safe and unsafe places in the girls' environment.

Exercise

Draw a journey from home to either school, church, hospital, market e.t.c

In any point that makes you feel unsafe put a cross and where you feel safe you tick. Explain why you are safe or not safe at particular areas.

What is child abuse? Mistreatment of a child.

Types of child abuse: four types

Physical, emotional, sexual, neglect

How will you know that your friend has been abused?

Exercise

How can we protect ourselves from abuse?

Warning, reporting,

Two groups

Skit: What do you do if you face sexual abuse or sexual harassment ?

Common types of abuse in the school

1. Canning,
2. Verbal abuse by teachers and some students
3. Bullying

Commonest type of abuse at home

1. Verbal abuse

Common type of abuse in the community

1. Bad touches

Solutions from the girls. What can you do as a child?

Report to MEMPROW

Write a letter to the teacher

Go to the LC

Report to police

Tell your mother about the problem

Professional writing skills

The facilitator labored to explain the introductions, headings. The session helped girls to think about their writing as a survival skill but also as a tool they can use to earn a living.

The students took turns in reading short articles as a way of honing their reading and writing skills.

Derogatory statements that teachers make.

1. You are stupid like your mother
2. A teacher sent the girl out, pushed her to the corner and touched her breast
3. Chickens are better than you, you do not reason
4. You are stupid, just wasting time at school
5. Go and marry because you are not performing well
6. Go to your father to teach you, you are stupid
7. When you go to consult, what were you doing in class? You are as stupid senseless as your father. Go to your father to teach you
8. Some teachers do bad touches mostly on breasts and sometimes they tickle you.
10. Teachers touch our waists and feel their bodies
11. Your bums are good
12. You think you have beautiful breasts, I have seen more beautiful ones.
13. Sometimes when you go for consultation, teachers ask am I the one who bore you, sometimes they corn us and that's why we fear going for consultation.+

14. Forced to do heavy work

15. When a girl goes first for food, she is called Amogo by the boys or first eleven

16. Disabled people are bullied everyday by students

Do the boys experience verbal abuse from teachers? Yes but not alot

1. You eat a lot yet you do not perform
2. Boys are chased out of class

Teachers' session

Names

Subject

Objective of the session:

1. To give teachers feedback on the issues that will require follow up from the girls' session.
2. To enable teachers to develop a strategy that will be used to address identified issues.

Teachers by choice	Teachers by chance
11	5

The teachers were requested to ask questions before the session could start in order to frame the discussions.

1. Why does MEMPROW only work with girls?

Statistics in the school

There is a high rate of pregnancies in Nebbi Town Secondary School, at least three girls in a year are found pregnant. Last year four girl in senior four where dismissed for pregnancy.

The school generally performs very poorly. And in most cases the girls are not encouraged to freely express themselves.

The teachers are also generally abusive, very punitive and rough with students.

Exercise:

Two groups.

1. Unpack what powers women culturally
2. What powers do female teachers have within the school?
3. What powers do men have at home and what powers do male teachers have at school?

Power of men culturally	Power of women culturally	Power of men in school	Female teachers in school
Controller of wealth Decision maker Distributor of wealth Family representative Chief advisor Initiator Animal keeper	Child bearer Take care of members of family Implementer of decisions Welcome Chief chef Gardener Mourner	Administrators Discipline implementers Provide security Science teachers Finance controllers	English teachers Counselors Assistant administrators In charge of female students Secretaries In charge of food Gossipers for survival
Powers women have culturally	Powers as women teachers	Power of men culturally	Power of men at school
Giving birth to children Managing homes Taking care of husbands and children Providing for our families	To control students To express ourselves	Leadership role Provision for basic needs Own everything Owners of discipline Provide security polygamy Freedom to move without question	Leadership Control of school
Powers of men culturally	Powers of men as teachers		
Heads of societies Own property Own children Provides for the family			

Men is for power while women is for responsibility

Different types of power

Power over and power with

Consequences of power over

Violence

We learn and internalize certain things and we do not know how.

Power is good but how do we use it?

When you have so much power over people and you use it, it can hurt others

Change in attitude was required.

Alternative punishment/ how do you Imagine a violence free school?

Teacher's commitments for ending violence against

1. A specific day in a week allocated for guidance and counselling
2. When a student makes a mistake, before giving a punishment, seek to understand the situation under which the offence was made.
3. All sorts of punishment are good depending on how they are administered.
4. `create safer places environment for the girls
5. Allocate more teachers

I admired the information given to the girls because the information will reach other girls, I admired the way they were able to express the hidden information but I know the girls will change their peers."

We will begin where you stopped, we have been struggling with understanding whether students know what they want to become. The career department will take a leaf from the mind map.

