

## **Luzira secondary school social survival skills training 2018**

The report highlights the changes that were reported by the girls and boys that attended the training.

### **The demographics**

Mother and father	8 girls
Mother and step farther	2
Single mother	14
Uncle and aunt	5
Grandparent	3
Brother and sister	3

### **Day one**

The power of social intelligence depends mind mapping- you have no goal in life

Personal goals

Session on HIV/AIDS

### **Questions on SRHR**

What causes

Can one get pregnant on her last day of the period?

What causes vomiting during the period?

Why do I have little pain when am urinating

I heard people say when you involve in sex you can never stop, is it true

Is it normal to get some itching towards menstruation?

Why is that sometimes we feel like vomiting and quarreling with people

Is it bad not to visit the bush (pulling) please?

Tell me about the too much pain during the periods and the result of the pain if it is ignored

Is it possible for a pregnant woman or girl to bleed?

Is it true that when you have candida you are dry during sex?

My stomach is too big, how can I reduce it?

At times one may get swellings and times they contain blood in them, what causes that?

I heard people say that sperms can make a woman fat or small is it true?

Is it true that when the top of your breast itches that means a man touched on them?

Tell me some causes of pain during periods and the result of pain if ignored or not treated?

What causes hernia and the pain around the umbilical cord?

Is there any other medication apart from operation?

I would like to know why I do urinate yellow urine.

I sometimes feel like itching my private parts but you have said it's a sign of candida if that's so what should I do prevent that please help me.

I get severe pain in the position of the ovaries but some say fallopian tubes pain problem but I don't know what to do.

Can one get pregnant on her last day of her periods?

Why do our private parts itch after shaving?

Why is it that sometimes we feel like vomiting and quarreling with people?

Is it normal to get some itching towards menstruation?

What causes delay of menstruation after the last period?

Is there any medicine that an operated woman can put on the wound in order to heal quickly?

How long do operated women take without visiting the toilet?

I would like to inquire why do I have little pain when am urinating?

Why is it that when you are about to go in your periods you feel like having sex?

At times one may get swellings and at times contains blood in them but what causes that?

Is it possible for a pregnant woman or girl to bleed i.e. when either one month pregnant or seven months pregnant?

Both my parents had HIV but my father died in 2013 my mother is still alive but she doesn't swallow her medicine (ARVS\_) what should I tell her?

White discharge and itches in the vagina what does it mean and how can it be dealt with?

## **The results of the training**

### **BOYS STORIES OF CHANGE**

#### **WAY / AS AN INDIVIDUAL CAN FIGHT AGAINST V.A.G**

**MWESIGWA GIDEON (MEMPROW CLUB) 0772687823**

- Preaching the gospel that talks about equality in churches and ever in public
- Reporting wrongdoers like teachers, fellow students in case I get them in the case of doing V.A.G
- Join and forming clubs in both schools and in the public that speak about how to stop V.AG in Uganda.
- Encouraging and emphasizing girl to develop confidence which can help them report wrong doers who practice violence against girls to courts of law
- I can get involved in campaigns against V.A.G in Uganda starting from home.

**MATOVU MOSES S.3W 0777121006**

- I can help to sensitize other against the danger of violence.
- I can help one to attain justice in case he or she is violated.
- I can also help one to join clubs that teach against violence.

**JUMA MICHEAL BRIAN [jumamicheal42@gmail.com](mailto:jumamicheal42@gmail.com) 0700858674**

#### **THINGS I CAN DO TO FIGHT VIOLENCE AGAINST GIRLS**

- Encouraging my friends to join productive clubs like scripture union, MEMPROW and others which are against violence
- Advising my friends to avoid temptations.

**ENGORIT CALVIN YOUNGKHING S.5 SCIENCES [Calvinlvianc@gmail.com](mailto:Calvinlvianc@gmail.com) 0700413602**

- Sharing with girls the experience or danger of sexual immoral vices
- Organize or create groups that can sensitize and fight against violence on girl rights

**WANI LEVIS NELSON S.5 SCIENCES 0785147961**

- If it is found in my family I can stand up, and condemn it so that they can stop it
- I can report the person involved in the violence against girls to the police if i happen to see him

**KATO WILLIAM HANNINGTON 0782094481**

- Speaking confidently against violence
- By writing articles, speeches and banners against violence
- By sensitizing the public about the impact of violence
- By reporting any kind of violence, related acts and groups.
- By counselling others to create a well ad defined mentality about life

KATENDE BRUNO S.5 ARTS 0705206958/0751588234

- Basic I am a talented dancer what I would like to do with fighting against the violence of girls is to act a movie indicating means of violence , there impacts to the people and how to control them.
- I want to work as one of the MEMPROW officials since I was really attached and suppressed to the violence going on to our sisters and how they were explained by the facilitators
- Thank you I am looking forward for your support for me to reach my goals and dreams

SSENKUBUGE ANTHONY S.5 ARTS [antoniewoods2016@gmail.com](mailto:antoniewoods2016@gmail.com)

- Educating and monitoring my follow boys and men about the dangers of V.A.G and the need to stop it
- Reporting those who involve themselves in V.A.G and helping the victims
- Engaging in organizations like MEMPROW which fight for the rights of girls
- Supporting the girl child in education e.g. discussions in academics

WESAMOYO INGRID S.5 SCIENCES 0754238725

- I can move through my community members during holidays and try to sensitize them about the dangers of violence against girls because the problem is that some people don't know the great impact caused into the girl child if violated. On top of that as I am used to writing I can write article and try to pin them in different areas of my society so as to create a great impact to them.

MAKUMBI DAUDA S.5 [makumbi76@gmail.com](mailto:makumbi76@gmail.com) 0751588779

- My name is Makumbi Dauda and I am proud to be in MEMPROW. For me I think we can fight this V.A.G through annual musical competitions in schools which MEMPROW is running through this we can generate music ideas plus creating senses of awareness that V.A.G is really not good.

WASWA EDWARD CHARLES 0781094481

- Usually it's important to light the candle than to curse the darkness. MEMPROW has demonstrated it very well it has not just criticized the darkness of women discrimination but as well has lit the candles of emancipation. I too can do this by
- Forming a group of rights advocate, a bevy of people who can denounce it
- Preaching the gospel of women emancipation on roads, schools, class.
- Sensitizing on the dangers of V.A.G
- Forming a MEMPROW subset group on the internet i.e. whats app group
- Talking to teachers against the misconceptions i.e. MEMPROW is bad.

SSENDAGIRE EMMANUEL 070532055/070534236

- Preaching against violence against girls

MUYINGO ISAAC S.1 A

- I can report those who are violating girls to the authorities
- I can educate some girls who don't know their rights about their rights.
- I will involve myself in clubs like MEMPROW so that I can advocate for their rights
- I can encourage girls to move to responsible groups.

LABAL AMBROSE S3E 0774350545

- I encourage parents to carryout gender balance by taking the girl child to school.
- I can report those who practice violence to the authorities
- I can join clubs like MEMPROW to fight against violence

OKASIO IVAN TRIDAX S.5A

- I can encourage gender balance
- I can educate the girls about their rights
- I can also report victims involved in V.A.G to the people concerned
- I can create awareness to the public through announcing
- I can educate people on the impacts of V.A.G

KASIRYE KIRABO ISAAC S.5 SCIENCE 0754976196

- I can be an advocate for MEMPROW club because it's in line with fighting VAG
- I can with help of my friends compose a song against VAG
- I can write posters and banners against the act
- I can play a skit reaching against the act
- In any case I can also sensitize my fellows in class and at home

BYAMUKAMA FRANCE S.1E

- I can report to the responsible people
- I can give people knowledge about dangers of violence

SWAGA MARK S.5 0752452808

- I myself I would carry out counseling's to my fellow students against the dangers of VAG
- I would report each and everybody who violets the girls rights in schools and societies

ONGODIA JOHN PAUL 0700260032

- Sensitizing the public on violence against girls
- Forming small organizations to fight for girls rights
- Carrying out campaigns against gender balance which may reduce on the VAG
- Reporting violence creators in the public to the courts of law that they may be dealt with

KAFAMBE BENJAMIN S.6A 0706895305

- Report VAG cases to the police

- Join clubs such as MEMPROW clubs
- Share experiences we have got from MEMPROW discussions with other people about women's rights

## STORIES OF CHANGE FROM GIRLS

My name is Kyobutungi Mary Dativa I am in s.1E of Luzira secondary school. I always had of MEMPROW I wanted to join then the day came and they brought a book for us in class that if you wanted to join MEMPROW register your name in the book and I used to hate clubs but I THANK MEMPROW for all the facilitators they brought the first day we came for the MEMPROW training and survival skills I was shy and I didn't want to talk but MEMPROW facilitators told us not to be shy but to be confident. I started being confident and they also taught as about peer pressure anyway my friends used to pressure me and they used to tell me that if you don't do this, you will get out of our group and I used to do it but the facilitators told us not to be ruled by any one I thank MEMPROW for all the organizations they are the best in all and I thank madam Sarah for all that you have done your confident in all the you do your courageous.

May God bless MEMPROW for the work they have done and I used not to read but when MRS. Lillian Bagambe told us you have to read books in order to achieve your goals that's the day I started reading now I am change I will not do what other people tell me to do

May God bless MEMPROW organisation

KYOBUTUNGI MARY DATIVA

S.1E LUZIRA SS

I Maulaki Sharon joined a MEMPROW training when I was really not that girl I am today. I used to be this one girl who hated school clubs but also had bad manners. When I joined the MEMPROW training I was forced by my friends Namata and Rukundo I never wanted to go but they convinced me that I was going to join a lot from this club and indeed I gained a lot I am a changed person. I met madam Nakame Sarah on my first day of the training and I admired her confidence , the way she uses her body to talk and she inspired me to stand out that's why she's my best role model ever and comes from the same country like me. After joining so many other MEMPROW trainings I could stand out and speak to the public, learnt how to protect my body and even to sensitize my fellow girls about their rights and how to avoid peer pressure and so many other things.

All in all due to the great things and opportunities I gained when I joined MEMPROW club I myself can say that I can make a difference I other girls lives and also make them change for good but all credit goes to MEMPROW PERSONNELS who have made all this possible.  
THANKS

## MAULAKI SHARON SHANI

The day before it was a struggle. I wouldn't confidently stand out and express myself upon an issue. The doubt about myself was a daily thought "will I really make it" I asked myself. Challenges would come and knock me. And I think is doubt for my future. I would wonder where I am heading with all this doubt for my future.

Here come the savior MEMPROW. To empower the young women in order to overcome challenges and in order for them to know their rights and responsibilities and what they should do to achieve their dreams. What a savior you are MEMPROW right now I can stand out confidently and express myself and am sure of my dream that I will make it.

Thank you MEMPROW for such courage, love, care, and hope you have given me

## AOL SHARON

Back then my life style wasn't that good according to my ways for example I was a person who was stubborn in class but at home my mum will never know that her daughter was that kind of girl meaning I had two personalities .

As I joined MEMPROW in the holidays of first term, it wasn't my intention to join it but I was called by my friend who was a member in it and from the day I joined its meetings I learnt very many skills which built up my mindset. In that I got to know who I am, what I have to do to change my life style positively.

And I thank God because I believe he chose that for me before it's too late.

## FAITH MOLLY

My first day in MEMPROW was that I was forced to go for the training by teacher Cathy. I was so mad at her but then I eventually found out that my friends were there to so I decided to slow down and bear with the situation. After ten minutes there was there was this lady called Sarah. She addressed herself then after started teaching about knowing ourselves then I was like me Kanyago I already know myself since it's me not someone else. But little did I know that I never even knew anything about myself. So when she elaborated more I was like hello girl you should wake up because I even felt that sometimes God doesn't like me because of what I do and the challenges am facing but surprisingly I found that I was among the luckiest people on planet because of what I had for my fellow peers though now we live like a family since we do understand each other better than before when I couldn't even talk to some of them since I only thought ill [negative] about them. It has been the best training though I addressed it as a journey of knowledge and also knowing more about everything that concerns me.

There was a time when I thought that I was a failure but at least I have the courage to stand up and fight until I manage to win because even though you fail, it is not the end of life.

So right now I feel better and so much better than I was. If there is someone to thank MEMPROW I think it must be me because they have given the passion to value life. THANKS A LOT

## KANYAGO LETICIA

MEMPROW as change in girl to be confidence girl are change in social survival skills girls learn to choose their role model in future and how to solution problem in this world and as to be able him to stead in school an achieve the goals.

Girl as change in the confidence, confidence as improved in the education to achieve the goal.

Brenda

Information and advice are really good things one should not miss in life more especially youth and teenagers. I myself am the first evidence and testimony of that .before receiving information I was that girl ,that could not care or mind ,I was lazy to the extent that I could sleep a lot even didn't read books, I was the girl that could make noise in class ,I had no respect for class leaders and even weak hearted. Where I failed something in the paper I would just say am not made for that and I would call myself stress free girl and cheerleader.

But after receiving information and skills from the MEMPROW programme of social survival skills at school, where I learnt to be strong, brave, self-driven and confident. I learnt from my facilitators that I have to be the change I want see, to respect everyone's rights and also stick on my goals.

Now am looking forward to spreading the information and skills that I acquired from the MEMPROW program to my fellow teenagers most especially girls to know their rights responsibilities, roles and position in the society thou they are taken as weaker gender. I promise to fight for girls rights so as to prove to the public that girls also need the same rights as boys and they can also be stronger and responsible than boys.

FOR GOD AND MY COUNTRY

LEILA S.5 ARTS

Before I joined MEMPROW I had a habit of thinking all about boys but when Sarah told us to write down things that lower our self-esteem then I wrote that I always think about boys then Sarah said do you think that that boy you're thinking about is thinking about you. From that day I wonder I really stopped.

At times when my parents lacked money and me I admired wearing expensive clothes ,bags and I really suggested that every term I got anew uniform so it came a time when all these were nowhere to be seen so I decided to have a boyfriend because all the friends I had boyfriends and they used to get money ,smart phones and they also used to go out every weekend but when I joined MEMPROW and they taught us about the social survival skills ,how you can overcome challenges when they come you should not go to boyfriends and sugar daddies and sex to get money in order to overcome the challenges, they told us we can wash clothes for people and get money ,you can also cook food you should not have shame in what you're doing if its beneficial to your future.

In me I had no confidence I used to fear to raise up my opinions to people even thou it was positive or negative but when I joined MEMPROW they taught us to have confidence with everything we do from that day I have change I now stand and say my point .



When I really went into my periods I used not to know which day I was to go for my periods at times, I used to be in class then skirt is wet I really usually got ashamed but when the doctor helped us to know our menstrual cycle I now don't fear even to go in my periods I now feel comfortable.

MBERA JOLLY

Ever since I joined MEMPROW this year on 21<sup>st</sup> of May I have really drown into a transformation my characters ,if am to flash back ,many things were in my way and limited to discover who I am that anger that I couldn't control at any single minute but due to the existence of MEMPROW, my life, anger, confidence , sociality, goal has been boosted to the higher level despite of all the challenges and vulgar words spoken by my fellow students in class I have been able to build up my career and foremost plan the mind map of what I should not only depend on a career but also learn other skills that will enable the existence of your future job .as a result of MEMPROW I can now stand on my two legs, head straight, chest high and stomach in so as to challenge and out compete who so ever intimidates me in any way.

As it has been mentioned in the bible that everything has an end, today the 31<sup>st</sup> may 2018 has been the end of the training of our MEMPROW team .i therefore thank team MEMPROW for giving me the support given to me because am now proud of what I am and I will continue teaming up with MEMPROW mentors especially so as to tame my future.

NAKITTO .D.FRANKLINE

Before I join MEMPROW,I was that kind of a person that didn't have self-esteem and also self-confidence. I didn't know how to manage my time, my life, myself during menstruation and also I didn't know that body language is needed at times but all I want to say is that I have gained confidence, I walk with self-esteem, I know how to manage my time with tasks and also how to take care of my self during menstruation. I have also learnt how to handle a crowd and speak to it. And lastly I have also learnt how to group my friends, how to know my safe days and no longer go with band wagon.

Thank you MEMPROW

DAPHINE KASIIME

MEMPROW has taught us many things. This is my story before I joined MEMPROW.I was so shy, I couldn't even talk to my people/audience .I was not to cooperate with my friends in class. I didn't want even to discuss with others. This lend me and others to fail. But when I joined a club called MEMPROW which means mentoring and empowering program for young women. I really changed .now I gained confidence to talk to many people/audience. Now I can cooperate with my friends, my enemies and other people .now I know, if I discuss with my friends am going to pass well and they will also pass well.

That's my story from MEMPROW girl.

MASETTE PATRICIA

Many opportunities come in our lives some we utilize it and some we just

Let them like that but for me the 9 days I have spent with MEMPROW it has improved me in many ways for example people define us in many ways according to our tribes, religion, and other sort of things but now I know what I am not defined by my tribe, colour, no that does not define me at all and now I believe I know what I am despite what people say about me.

Another thing I have learnt is to fight for my rights for example before whenever anything would happen to you and you just keep quiet because you didn't I know where to begin and who to run to but MEMPROW has helped me know all these things

To add on, I have gained confidence to speak in public through use of my body and not mind of what other will say about me.

I have learnt how to manage my time well because all successful people in the world value their time well and most of them before I had spent it with my friend which in actual sense they don't add any value in my life of success so I have learnt to deal with such people.

Before MEMPROW in my life it was hard for me to decide what to do but now I know and can make decisions of myself so I gained a lot.

All successful people in life have dreams and stand out in the crowd in order to fulfill their dreams because they believe I can and also I gained self-esteem that I can also make it in life.

A lot I have learnt in MEMPROW and I really appreciate from the bottom of my heart still I have learnt how MEMPROW girls walk their head is up and chest that's what makes me a MEMPROW girl.

NAMATA ZAI.BIRUNGI

Before the training, I had 5 careers I never knew the right one but after madam Lilian and Mr. Robert talked to us I believe I will be a lawyer because I love fighting for people's rights and at the same time I will be an entrepreneur to develop the economy of my country and fight poverty. I regained more confidence and during my leisure time I will be a public speaker to sensitize people about their rights and what roads to follow for a brighter future especially the teens and I will volunteer in any organisation fighting for the rights of a girl child

KATUSIIME MARIAM

Before I joined MEMPROW I didn't know who I am but now I know who I am I also got a chance to count my safe and unsafe days I could sometimes answer my parents in a bad way which shows disrespect to them but we were told to respect our parents so I won't do it again. I faced a change in being confident because I couldn't not speak to people or public at times I could even fear to raise my hand in class because I feared children but as I speak am confident I can speak to congregation so I thank MEMPROW for what I am now and how I feel because it has done a lot to me I promise that I will change more than how I was, I will also get a mentor and role model in order to make dreams real. I faced a change in my hygiene.

BRIDGET KEITETSI

Before I joined MEMPROW I was that person who stubborn who never keeps quiet in class who disturbs people who their concentrating in their books, that people who follows up peer friends, who follows people's ideas, who doesn't career or future, who doesn't mind about studies I used what my peers wanted to be when they grow up, I didn't have confidence to stand in people or talk to someone looking direct in the eyes apart from my peer friends and sisters. But when in joined MEMPROW I gained confidence of myself I can now talk to someone looking direct in the eyes, mentor girls who didn't get the chance to join MEMPROW.

I would take this opportunity to thank all the facilitators for the good job they have done in mentoring us .now I have career of being lawyer.

Thank you, MEMPROW

KABATORO AGNES BIRUNGI

Before this training, I thought that I am in the worst situation but during the training, many students shared there situations and they were even huge than mine by that, I got courage and now so determined.

Since I was born I always dreamt of meeting doctors and all the people who have succeeded in life and it was only in dreams that's how I thought that I can't come to reality but now I was able to see successful people and got inspired like doctor Denis Kintu I now know that successful are reachable so now in also look forward to being like him. I want to be even more than him. I want to be a surgeon doctor.

Before I was seeing peer educators at my home and always admired them. But now I have also learnt to be like them and I will also teach other girls what I have learnt.

FLORENCE S.2 F

I am Nabaweesi Florence and it was by luck for me to join MEMPROW and even to attend the training. Before this training I was this kind of girl who would wake up very late and I was just told to wake up. But now I wake up very early when not even being told to wake up someone.

Who was this kind who pushes to the next time if say let me revise my books but then I say let me sleep now I will wake at night and read but now I learnt to do it "NOW".

I used to say that how do people who succeed in life make it before but after the training I got the answers to the question. I learnt the characteristics of successful people and now I know that I will also make it.

NABAWEEESI FLORENCE

Before I joined MEMPROW, I could not normally speak or give my opinion to the public. But unfortunately when I joined MEMPROW, I got to know that giving opinion and participation in the conversation enables one to build his or her confidence.

I tried one time to also give an opinion and I saw that it was not that hard to talk in public. This has enabled me to gain confidence and at least now I can stand up and talk in public.

I used not to give advice to my fellow girls about a certain issue but since we were taught the social intelligence, I got the ability and the knowledge to interact with my friends.

I can now advise my fellow girls about a certain problem and we can then interact and get the solution to the problems.

#### AWINO DIANA

Before I joined MEMPROW I was I was fearful and not comfortable but on 21<sup>st</sup> may 2018 when I joined the MEMPROW club I gained more confidence and I learnt my rights and how I can control myself when I am stressed I knew my weakness and how I am going to solve them.

I learnt how to solve my challenges for example school fees, poor performance.

I know that they are temporary they cannot stop me to get what.

I learnt to associate with positive people who will encourage, support me in whatever I am doing but not negative ones who can discourage me.

Before I joined MEMPROW I didn't know how to take care of myself but after joining it I learnt how to take care of myself like when I am on menstruation period and I learnt how to use other methods when I am in pain.

I knew who I am that everything I can make it if I am willing.

I learnt more values like humility to some people and trustworthy to everyone and kind.

#### MBABAZI SHARON

It was a Monday just like any other Monday when I joined MEMPROW training and this was star light moment that had become true and no longer a dream. I met different people teaching me different skills in life and how to keep moving in life no matter how hard it is. I am Mariam and always my background always haunted me, let it be in class, hospital or even I society. I am a result of teenage pregnancy and thank God my mum didn't abort and surprisingly I am the only girl she has currently.

Being part of MEMPROW has been such a wonderful experience. I am confident and can stand out to fight for the girl child in school for the last eight days I have learnt that I am powerful, valued, and I am the foundation of my own career.

All hardships and failure have a reason why the come in one's life but all in all obstacles just delay our dreams but don not stop them from happening unless we allow them to and when things get tough, tough you get going.

#### MARIAM MITCHELE.K

From the first time I joined this club I have learnt a lot of things about myself. They consist about my health, my dreams, and social skills as a girl, my way of life and even more about my weaknesses.

This training has really made me know who I am. I have change from being a crazy person to a normal girl.

It has helped me to know where I come from and onwards. I am going to do all that I can to be a better girl in my life.

I am now courageous. I am willing to be hard working, consulting and asking where I do not understand. This has really made me feel proud of who I am for I had given up on myself. But now I have the strength to help myself come out of any challenge in life. I now believe in myself I can do it, I am also willing to teach my fellow friends who didn't attend about this and I know they can also make it again in life.

#### LISA NANA

My coming to MEMPROW club has greatly improved me because I was always very fearful, so low ,always at pressure with shoats of relationship stress , thinking as well as the career I wanted to do but on my first day in MEMPROW I felt a girl ,I felt comfortable as if I were with my own family I gained braveness as I would see trainers standup boldly speaking I said to my mind that I can make it ,about pressure concerned relationships I learnt that relationships are not bad as hi thought at the first but it's all about the principals that you set to run in your relationship.

On the other thing, I came to MEMPROW when I never knew about my goal and how to get it but now I assure you my dear I know what to do.

I will seek for mentors, balance MEMPROW and my studies and so on.

Above all that I have got in MEMPROW is what I have been longing for, which Is to develop my talent which I believe that I have achieved it.

And that is singing my own songs which I got experience after the lessons of reading and writing where I was able to write and read then sang it.

#### KAMASHAI DIANA

I am Evelyn kirabo,I joined MEMPROW training on Monday the 21<sup>st</sup> of May 2018.

Before the training I was this one person who held back my opinions and I was not confident to stand and talk to a large crowd and people .I admired people who stood out to say what their opinions about something was, but I was not that brave to try it out

But when I joined the training, my life changed from the very first day .we we were trained by MS Sarah about knowing who we are and this truly helped me to change my mentality and the way in used to see things, ever since then I gained confidence and can now easily say out my opinions without letting what people think about me or what I have said get the better not me.

I have learnt how to lead my life positively and to listen to other people's opinions because it isn't that one is always perfect and right and I always believe that my life will never be the same again from this day onwards if I put what I have learnt in practice.

MEMPROW has brought a great change to my life which is here to stay.

KIRABO EVELYN

Before I attended the workshop, I had bias about MEMPROW since I thought it only provides information about rape, defilement which I never used to care about. As a result of the few research I had about it, and even I used to be among the people who used to hate it just because of group influence from my friends and teachers. As an individual, I was able to learn more new things that I didn't know and start interacting with more than one person since the facilitators and my fellow MEMPROW girls have extended more joy, love and care.

NABAGGALA RACHEAL

Before I joined MEMPROW I wasn't too confident, I couldn't fully express myself to the public, I couldn't address some matters that were oppressing the children and women in our society and even our families. But ever since I joined the MEMPROW workshop, I got to be so confident, too confident that I have started perusing my careers and goals. I have started to advocate for the rights of children and women in my society and family.

When I look at myself in the mirror I see nothing but an activist for human rights, a public speaker and journalist who is going to change the lives of the people not only in Uganda but in other parts of the world and I believe in 3 years to come I could have fulfilled some of my dreams.

Long live MEMPROW.

MIREMBE HADIJAH

Before I attended MEMPROW I was so fearful to speak in public because I had no confidence but since I attended the workshop I have learned how to be confident, how to speak in public and how to communicate to people or interact with big people to know more about life and that is having social intelligence.

MEMPROW has changed my mind of full filling my dreams it has given me encouragement since I had a negative attitude about my dream because I have a school fees challenges and sometimes poor performance in class. So I have learn to put in action by working hard and that helps me to fulfil my dreams. It has also helped me to choose friends wisely because there other friends who build your future and others who destroy your dream so I have learn that in order also to reach a bright future and it inspires me to set my goals know.

And another thing that I have learn is that be creative not job seekers in order to have a bright future in order to teach people in the society.

I promise to change and I will share with others.

YEKO RUTH

I was a kind of girl who could help others achieve their dreams and forgot about what I would do and should do to me progress.in addition to that I would waste a lot of time doing useless things that could not change my states.

After joining MEMPROW

When doctor Tadria taught us about using our time well by stopping to escort others to do theirs missions and for me I gain nothing, I started doing that could take me to another lever by reading hard my books.

Following the saying that I do it now or never, I always do what is needed of me at that time so as to achieve my goals.

Lastly in was taught by madam Sarah not to give my body to boys ,men in order for me to get money but in seat find alternatives way which is good for me .that has made a great change that I will always keep myself safe and virgin till marriage.

NASSUNA ROYCE

Before these sessions we have been having I was fearful. I did have confidence though it was not on a larger capacity. I used to think that the boys would always win that they didn't have to do any domestic work. That they are superior and I am under them, I did have discourage by my brothers and friends especially those who are boys. They kept telling me I was a girl and I needed to find my level. I was so down and scared though I didn't show them. They were ever stepping on me and yet I didn't say a word. They said equality and emancipation were not reality but just dreams

But now I am confident, I have self-esteem, I can speak out and condemn the haters I will shut them down. I will fight for y rights and perform all my responsibilities and help other girls stand up for themselves. I am willing and able to sensitize those boys who tell me I can't because really they just need advice. The things I have learnt are so many which include; how a baby is produced, reading and writing skills, social survival skills, emancipation, equality, rights and responsibilities, violence against girls and so on.

I promise to sensitize people especially the boys in my class so that the can stop hating the club. I will advise and support my friends. Advise them to abstain from sex and not to abort in case things go bad. Advise them to go to health facilities to acquire pep or emergency contraceptives in they are raped or defiled. THANK YOU MEMPROW

AOL SONIA

Before I joined MEMPROW training I was a person who feared to express my feelings and emotions towards others I a way that if someone annoyed me I would just keep quiet and remain with my pain but MEMPROW taught me how to express my because I have a right to speech and no one has a right to hurt me in any way, I used think that I am stupid, that boys are more better than me, fearing to come out and calculate or discuss for fellow classmates but now I am confident and courageous and I now know who I am.

Before I joined MEMPROW I was a care free girl who did not concentrate on books I kept on jazzing with my friends, walking around but now I am not influenced by peer pressure, I have learnt how to manage my time because time wasted can never be recovered. I used to be alone, read alone but when I reached in MEMPROW I learnt how to make positive connections, more friends who helped me to relieve stress.

At home when my family members get some problems like instabilities, parents quarrelling it used to affect me in a way that I did not concentrate on my studies and always thought about the challenges at home. But I feared to share it with friends, teachers thinking that I had their challenges to and I should I disturb them but once I went MEMPROW I got a counselor I was advised and it also helped me to relieve on the stress I had before.

Now I am a changed girl with more skills and knowledge outside class.

NAKATO JAZIRAH S.5

## SCIENCES

Before I joined MEMPROW, I used to focus on people attention in that I wanted to please everyone so as to be loved in society. In case people did not talk to me I felt like as if I was only a corpse in one grave. I thought that everyone whom you are with trusts you the same which is not right.

Secondly whenever I thought back where I came from, its only God who has brought me this far, my academics were really not going to happen because of the family background that almost sunk the whole family. No joining A level after s.4. I felt like that's not the life I want to be in, I prayed hard and always asked God to be bring a change in my life and family and I will be the first to break the curse of my family.

Lastly, I thought that my physical appearance would make me not to be able to speak confidently in public but that's not the case.

After, I got to know that if I was to focus on my studies God will bring me the right people but not me going to please time since it was always a wastage of time. Never will I trust friends because the people you trust most may turn out to be like lions to you. Get many but trust a few only confidential friends but not colleagues and comrades are told our secrets.

I got to know that my background does not define me. It's me who can bring the change I want to see in me. It starts with me.

In addition, in public speaking my physical appearance does not matter but the words which came out of me will make me be a better person.

Thanks be to MEMPROW because with my aspiration I can save a heart, soul, and mind of someone because I am not left the same.

RUKUNDO

## BARBRA

Since I joined MEMPROW training, my life changed in a way that I was confident but the first day madam taught us how to be confident. She told us that if you're talking to somebody or people



you have to use your body language in order for the people to understand what you are saying. Before I joined MEMPROW I used to feel ashamed because of my face it has pimples and black but I was told to be thankful for what I have because there are people who have wounds all over their faces.

I also thought that family planning methods do not have disadvantages but I learnt there advantages and disadvantages I also did not know how to care for an operated woman at home in that same we came for the training my aunt was operated so I learnt how to care for her.

In addition I was taught some of my rights that I did not know for example a right to privacy that is if you have gone to have some treatment and you find a male doctor who is to work on you, you have a right to ask for a female doctor to follow you and has to be there until the examination is done. Those are some things I got from MEMPROW. Thank you staff members of MEMPROW may the almighty God bless you.

SHEILA

ANYANGO

Once upon a time, there lived a couple, they loved each other and therefore introduced each other to both families but did not get wedded, gave a birth to a child who was first born in the family but in 1998 another small angel was born who was called Rebecca the baby grew very first and then a misunderstanding in family hence divorce. The father decided to stay with the children but due to that bitterness and sorrow he started punishing the children so heavily, he could flog the children that for small reasons but the poor Rebecca knew nothing about this but would always be sad, fear people, including the father. So she grew up like this. The saddest of it all she lacked confidence both home and the community whenever she tried to speak everyone would shut her up she even became soft spoken before adolescence.

Unfortunately in 2018 when she had now grown, in May, an opportunity came to school called MEMPROW program which lasted for nine days. An OB invited her but she went there with fear. There was this woman called Nakame Sarah she was the first speaker but as she spoke it was if she was talking to me. She taught how to move with head up as a confident person. She added 'it's ok to look back but don't stare'. As if that was not enough, Hazra also emphasized on peer pressure what I liked of her speech was 'it's okay to have friends but make the decisions yourself and know where you are. Lilian also guided on the career and now I am determined to do anything as long as I get cash. But to achieve all this I shouldn't do any other business before school.

ADONG REBECCA

My life was full of regrets because of my background. My two sisters performed badly, I lost my dad and this could haunt me making me feel that I cannot make it but when madam Sarah told us its ok to look back but not to stare indeed this has changed me and I am using my poor background to challenge all the negative ideas. The mind mapping survival skill has also changed my life it has given me the right path to see that I achieve my goal and the planning oh my God before I could not plan for the day and if I do not fulfill anything it would not affect me but now after

planning what to do in a day and I do not fulfill it I feel that I have betrayed myself and I make sure that I don't miss any activity planned for.

KATUSIIME

MARIAM

It was so difficult for me to join this club ever since senior one because I did not know what could be taking place but I always wanted to be part of the club. As I am to say, before joining this program I didn't know what to do as me alone, I used to be shy, fearful, scared, not confident at all to the extent where I couldn't even consult teachers, I performed poorly in math's and chemistry where I didn't know the solutions even what to do but I was always stubborn from home even if my aunt tells me not to involve myself in relationships, not to wear tight skirts or dress, always look decently in public but I just ignore her. However, teachers gave me a circular to take it for my guardian and I took it to my aunt, then she allowed me to come. Only the first day of training I got to know who I am and what is needed for me so the following day I learnt a lot of things and I told myself I can do it.

So I learnt a lot of things and I told myself I can do it,

So I learnt to be confident when speaking in public, how to take care of myself from HIV/ AIDS, early pregnancies through abstaining from sex, involving myself earlier in a relationship and sticking to my goals and how to take care of pregnancy. Even how to behave in public and also do what is right for me and stand up for my talents like in drama, writing poems and many others. This training changed me a lot which even encouraged me to consult teachers, my friends and do practices in my poorly done subject and also keep time since I was also late at school.

So for now I am going to be a good time manager, working hard and following my decisions.

ALAL IRENE

Before I joined MEMPROW club, I did not know who I am and I did not how I can prevent myself from getting problems and how to control myself when I am annoyed but when I joined MEMPROW, everything was clear to me. Before I joined MEMPROW I did not know about my human rights and I learnt more about HIV/AIDS and I learnt that you should not allow to be defeated, you should stick on to your goals. I also learnt that you should not do something because you have seen others doing it, it's like escorting others for nothing and I learnt that you should take control of your future by creating your idea/ I have a dream and also how to get information about your role models how they managed to do it successfully and getting friends who are in contact with your dreams, who can advise you and correct you where you have gone wrong and I learnt how I can manage time and avoid wasting time. Now I am able to know who I am and how I can do it to fulfill my dreams and get a bright future. I also learnt how to be busy but if someone come to you for help then you should give him or her sometime not that because you're busy you should help him or her.

MURUNGI

DAPHINE

In the last few years I could fear to stand and speak in the public or give out my opinions to the public but today I can freely stand and talk to the public without any panic or shame. Now I know that I am capable of doing what others can do for example I can be a good speaker like Rebecca Kadaga, a good leader like Barack Obama, a good mother to my children, a good student to my school and I can live an exemplary life to my society as well as my country. On top of that, I truly believe in myself that I can stand and fight for the rights of the women in my country and outside my country. I can now handle any situation that comes my way or any barrier of my success. Oh my friend I can see my bright future on the way, my success coming, my goals are shining like the bright stars in the sky. I am going to be the change that I need to see in my country, I am going to become the worrier, fighter and sword for my women in this world of today no matter what people say, my tomorrow must be greater than today. No matter what comes my way, no matter what people say my tomorrow must be greater than today. My life has totally changed from the past to a new life and I am going to do what it takes to create a change in my life and in the life of others. With support of MEMPROW I have changed with the help of MEMPROW I will achieve my goals and reach my destiny.

Oh God bless MEMPROW

KIRABO

SHARON AKIIKI 5.5A

Before I joined MEMPROW I was the type who could not even stand in class to express myself, my ideas, one who is fearful, fearing that others will laugh at me and more so it was one day it was one day when I stood up to give an answer and some girls started abusing my figure that I have a bad figure with a big stomach and that could make me feel bad and biased.

But ever since I joined MEMPROW I can even stand up and express my ideas however much one says what I don't feel bad and I even don't look down because my body and I can even be confident and know even who I am and more so what I want.

I have learnt how to walk confidently because I used to fear walking in other moving because people/students would laugh at me but now I am not that type, I love my body because everything on my body is mine and I even learnt that smiling is one thing that is healthier by dr. Hilda.

Thanks because there are things I have learnt though I am not able to write.

Thanks for the MEMPROW facilitators may God bless them and I will never forget these encouraging words.

BATAMULIZA LILIAN

My name is Nakami Susan and am in form five at Luzira s.s I had always heard of MEMPROW club in my school but never taken a chance to know what the club is all about. I will it a fortune that the MEMPROW training was announced to all students who wished to join. Since I was so inquisitive, I registered among the forty students who were to attend the training.

The first day of our training we were told a skill of knowing ourselves and in this I was able to know and learn my values. For the other respective 8 days we were taught very many social survival skills and counselling sessions. I tell you this, ever since I showed up for this training my life has not remained the same. I have learnt so many new things that I didn't know. In fact, MEMPROW has not only changed me but changed the society I live in. This is because I can tell my friends the new things that I have learnt due to my confidence and having a skill of associating with different groups of people in the society i.e. the power of social intelligence. MEMPROW has really been part of my dream of becoming a certified public accountant and a great business woman. Indeed MEMPROW is there to stand for women.

NAKAMI

SUSAN

MEMPROW has contributed greatly to the positivity of my life in a way that before I joined MEMPROW club I was very shy because I could not stand in a crowd where people are so many and express my feeling or say something because in me I thought that those who speak in public are born like that and they are perfect in everything they do but because of MEMPROW I can now speak out anything I feel like and it's because of MEMPROW that I have learnt that people who are leaders are not born leaders but it's because they believe in themselves and that's why I was given a chance once to lead I was scared but I believed in myself and I knew everything is possible I was able to use that opportunity and with that opportunity I was able to gain more courage and strength that's why I am a better person now. I can express any feeling I have anywhere without any fear. Thanks to MEMPROW because I am now a different girl now with courage, hope, and determination.

## **A REPORT ABOUT MEMPROW WORKSHOP FROM 21<sup>st</sup> -31<sup>st</sup> MAY 2018**

### **Introduction**

MEMPROW in full means mentally and empowering programs for women .it has existed for 4 years in the mighty luzira secondary school

On 21<sup>st</sup> we have been taught about social survival skills that enable an individual to overcome the challenges in this mysterious world since involves knowing who you are interacting with people surrounding us. Secondly counseling's where one should be to approach a trained counsellor or confidential friend.in the first session we were able to learn the following lessons that's to be confident in myself and my body since the various facilitators encouraged us to believe in all our abilities and associating with positive people .

On 22<sup>nd</sup> we have been taught about mind mapping which involves planning or laying strategies that can enable an individual to achieve one's career. This enables one to know more about specific career.

On 23<sup>rd</sup> we have also been taught about psychosocial stressors in young people where psycho means the mind, social refers to interpersonal relationships and what goes on in the natural environment more on one sexual rights which every individual possess such as right to privacy, information in order to avoid missing out available resources.

More about peer influence which comes from our relatives, friends among others and able to choose the perfect people to associate with in order to achieve ones future prospects.

Never the less the facilitators were able to talk about gender based violence which is caused by our family members, friends and other people who may come up to extend financial support to us

Not only that, they concluded by teaching one how to discover ones career since they enabled us to think about our SWOT that is strength such as hard working ,weakness such as short tempered ,opportunities such as acquiring of sexual information from different organizations such as MEMPROW and threats like accidents among others.

Lastly about the reading and writing skills where various members were able to find out the reasons for writing such as out of passion, to keep records, to entertain others among others.

In conclusion, I would like to extend my heart felt gratitude for our facilitators, teachers and MEMPROW team for their time, knowledge and skills which will enable all the individuals who participated to change their moral behaviors and how to achieve their future goals.

**BOYS REGISTRATION LIST**

S/NO	NAME	CLASS	GENDER	TEL.NUMBER
1	TUMWIINE HILLARY	S.5 ARTS	MALE	
2	KATENDO BRUNO	S.5 ARTS	MALE	
3	OKASIO IVAN	S.5 ARTS	MALE	
4	AHEBWA CHRISPUS	S.5 SCIENCES	MALE	0755347456
5	MATOVU MOSES	S.3 W	MALE	0777121006
6	ONGAD PATRICK	S.5	MALE	0703057561
7	ODGA EMMY R	S.5 ARTS	MALE	0751666908
8	KATO WILLIAM HANNINGTON	S.5 SCIENCES	MALE	0782094481
9	MPUMWIRE INNOCENT	S.5 SCIENCES	MALE	0755275631
10	MAGOLA ELLY	S.5 ARTS	MALE	0756419215
11	SSENKUBUGE ANTHONY	S.5 ARTS	MALE	0701453176
12	SWAGA MARK	S.5 ARTS	MALE	0754452808
13	SSEMPIJJA SHARIF MPEMBA	S.5 SCIENCES	MALE	0757694241/0772657317
14	ODELEI TIMOTHY	S.5 SCIENCES	MALE	0753764040/0775466257
15	ENGORIT CALVIN YOUNGKHING	S.5 SCIENCES	MALE	0785618410
16	SSENDAGIRE EMMANUEL	S.5 SCIENCES	MALE	0703205555
17	WESAMOYO INGRID	S.5 SCIENCES	MALE	0754238725
18	KASIRYE KIRABO ISAAC	S.5 SCIENCES	MALE	0754976196
19	NKUUTU ASHIRAF	S.5 SCIENCES	MALE	0752217576
20	MAKUMBI DAUDA	S.5 SCIENCES	MALE	0751588779
21	LUBOGO STUART	S.5 SCIENCES	MALE	0704797123
22	KIBIRIGE KASSIM	S.5 ARTS	MALE	0702238655
23	WASWA EDWARD CHARLES	S.5 SCIENCES	MALE	0782094481
24	WASWA DAVID	S.1 E	MALE	0706211773

25	BYAMUKAMA FRANCO	S.1 E	MALE	0770656696
26	WESAMOYO DAVID	S.1 A	MALE	0701525298
27	LATIM PIUS	S.3 W	MALE	0705322142
28	MWESIGWA GIDEON	S.3 S	MALE	0772687825
29	ADRICO BRIAN	S.3 W	MALE	

S/NO	NAME	CLASS	GENDER	TEL. NUMBER
1	NABAGGALA RACHEAL	S.5 ARTS	FEMALE	0786504188
2	NAMIRIMU LAILA	S.5 ARTS	FEMALE	0775666686
3	KARUNGI MARIAM	S.5 ARTS	FEMALE	0704460729
4	RUKUNDO BARBRA	S.5 ARTS	FEMALE	0785138775
5	KIRABO EVELYN KRISTEL	S.5 SCIENCES	FEMALE	0701101160
6	NAMATA ZAI BIRUNGI	S.5 SCIENCES	FEMALE	0782268611
7	FAITH MOLLY	S.5 SCIENCES	FEMALE	0750437049
8	MBEIZA JOLLY	S.3 E	FEMALE	0751595795
9	MBABAZI SHARON	S.3 E	FEMALE	0700390636
10	MAULAKI SHARON SHANI	S.5 ARTS	FEMALE	0704986757
11	ASONG REBECCA EJAU	S.5 SCIENCES	FEMALE	0702551135
12	APIO GLORIA	S.5 ARTS	FEMALE	0706486724
13	ALAL IRYN	S.3 E	FEMALE	0772227700
14	KAMASHAZI DIANA	S.5 SCIENCES	FEMALE	0782044633
15	AOL SHARON	S.5 ARTS	FEMALE	0774958167
16	KANYAGO LETICIA	S.5 SCIENCES	FEMALE	0774118949
17	KYOBUTUNGI MARY DATIVA	S.1 E	FEMALE	0750086654
18	NANTUME JOSELINE	S.1 D	FEMALE	0752174170
19	LISA NANA BETH	S.3E	FEMALE	078477886
20	AOL SONIA LISA	S.3E	FEMALE	0772907795
21	NAKAYENGA SUSAN NATASHA	S.5 SCIENCES	FEMALE	0755152474
22	KANSIIME DAPHINE	S.5 SCIENCES	FEMALE	0773193242
23	BATAMULIZA LILLIAN LIZ	S.2 A	FEMALE	0703534351
24	ANYANGO SHEILAH	S.5 SCIENCES	FEMALE	0754212302
25	NAKAMI SUSAN	S.5 SCIENCES	FEMALE	0757692331
26	NAKATO JAZIRAH	S.5 SCIENCES	FEMALE	0772506779
27	AWINO DIANA ACHILLIES	S.5 ARTS	FEMALE	0702497746
28	KEITESI BRIDGET	S.2 E	FEMALE	0782991941
29	MURUNGI DAPHINE	S.2 E	FEMALE	0776069704
30	NYACHWO BRENDA	S.1 A	FEMALE	0706091579
31	KATUSIIMA MARIAM	S.6 ARTS	FEMALE	0755605063
32	NAKITO DIANAH FRANKLINE	S.5 SCIENCES	FEMALE	0759214609
33	MIREMBE HADIJAH	S.5 SCIENCES	FEMALE	0701041488



34	KABATORO AGNES BIRUNGI	S.1 F	FEMALE	0773770373
35	NABAWESI FLORENCE	S.2 F	FEMALE	0751408198
36	YEKO RUTH	S.3 EAST	FEMALE	0787314722
37	KIRABO SHARON	S.5 ARTS	FEMALE	0759309739
38	NASSUNA ROYCE	S.5 SCIENCES	FEMALE	0700857375
39	BALLAH MARTHA K. LIBERIA		FEMALE	+2318864891133

### REGISTRATION LIST FOR TEACHERS

S/NO.	NAME	GENDER	TEL.NUMBER
1	SSEKABIRA JAMY	MALE	07744S82536
2	SIRAMA ELIZABETH	FEMALE	0700130570
3	MUSINDI ANDREW SOLOMON	MALE	0772938640
4	NANSAMBA DORA	FEMALE	0789059161
5	ADONG ANNET	FEMALE	0789178438
6	ASEKENGE DOREEN	FEMALE	0776348042
7	KABUGO NOAH	MALE	0754189277
8	MUGISA HILLARY	MALE	0789326238
9	NANZILI CISSY	FEMALE	0703535120
10	NANGABI HAJARA	FEMALE	0705710660
11	NAKAGWA CHARITY	FEMALE	0705705462
12	BIGABWA FLORENCE	FEMALE	0782865930
13	MUSANA PATRICK	MALE	0755293726
14	OLIAKA SUSAN	FEMALE	0700902742
15	ADONGO.B. EVELYN	FEMALE	0773266682
16	AAPUN JOYCE N.T	FEMALE	0782980048
17	VICKO PASKOLIN	FEMALE	0782955312
18	NAKATO NAKAZIBWE RITAH	FEMALE	0782191880
19	AMAGORO IRENE	FEMALE	0704707010
20	TWEBAZE LAWRENCE	MALE	0751735997
21	BAFUNA ELIZABETH	FEMALE	0702855683
22	KATUSABE PROSSY	FEMALE	0778573127
23	ABALO POLINE	FEMALE	0772394251
24	NYAKATO VICTORIA	FEMALE	0782311737
25	OKWERA ALFRED	MALE	0703463895
26	BABIRYE MAIMUNA	FEMALE	0701046146
27	NASSOZI NORAH MAGRET	FEMALE	0706999905
28	NANKINGA LILLIAN .D.	FEMALE	0704780853
29	DDUMBA MICHEAL	MALE	0774989694
30	SSOZI STEPHEN	MALE	0772459197
31	OKODOI CHARLES	MALE	0774852470

### GIRLS REGISTRATION LIST

