

MEMPROW Social survival skills Training at Paidha Secondary School 27th - 7th September 2018

This training took place at Paidha Secondary school in Paidha. Involved were 40 girls who attended the ten days of training, 40 boys who attended two days of the gender awareness sessions and the teachers of the school.

Sessions were conducted by the different resource persons most of whom travelled from Kampala and were accommodated at the Rest in Hotel in Paidha.

This report focusses on what was achieved from the different sessions.

Sessions were carried out on

1. Social survival skills training
2. Gender and Patriarchy
3. Sexual and reproductive health and rights
4. Counselling and guidance
5. Children and human rights
6. Professional writing skills
7. Violence against girls and women

STORIES OF CHANGE FROM THE Girls

ADUBANGO JILDER

My name is Jilder; i am in senior one at Paidha secondary school. Memprow has done many things in my life that I can't tell it all. Before this training I used to fear my fellow students especially boys mostly .I fear them when I am giving answers thinking that they may laugh at me if I give wrong answers and also fear standing in front of the class especially during the English lessons .

Memprow taught me how to talk and walk with confidence and i will no longer be fearful either in class or when talking to people and next year I will be a class monitress in my class as this confidence has changed my life. I did not know of mind mapping which now I do after the training. Before the training I thought that girls don't have powers at all but now know we do, i have also learnt of the limbic system and pre-frontal cortex with its functions and how to manage stress, lastly I have also learnt my rights as an individual and got more knowledge on HIV/AIDS and how best to protect myself. I thank Dr.Hilda Tadria with her team for coming to our school and teaching many girls in our school, may God Almighty richly bless you always.

AWEKONIMUNGU PATIENCE

I am very fine because Sarah, Dr.Hildah Tadria, Dr.Dennis Ivette, Attorney general, Dr.Judith gynaecologist and Robert from Memprow made me learn very important things in my life that I never knew before the training. First and foremost when Dr.Judith was teaching us about the right

to control over my body which I did not know about before this training. I knew little because there was nowhere I could consult from and was too fearful to go to the teachers especially the senior woman as she is too harsh.

I am glad that Memprow's training has expanded my knowledge about the rights and control over my body. Secondly, I learnt the facts on adolescents, before this training I had not known that the following are examples of substance abuse like mairungi, thinna among others like teenage pregnancy, malnutrition which I knew but did not know how to classify them.

Last but not least, during this training I got to know that abortion is bad as Dr. Judith told us there are two types of abortion and we talked of spontaneous which comes out unwillingly and unsafe abortion which ends up with negative effects. She also told us that most abortions are unsafe while a few are safe. Before this training, I did not know that there are safe abortions as I as a young girl and had nowhere to get information from. This is why I have decided that I will not separate myself from Memprow and will work hard to join Memprow. Special thanks to Sarah and Dr. Hilda Tadia. God bless you.

ANGEIANGO PATRICIA

My name is Angeiango Patricia a senior three student from Paidha seed secondary school, before I joined this training I did not know that social means involvement in the community. Later on we were explained to that are also changes that occur during puberty which causes painful periods in an adolescent as a girl becomes sexually mature and can conceive. From that day I learnt that there are hormones responsible for the development of breasts in girls and boys.

Memprow has made me know very many things like peer pressure which means a group of people in the same age category who influence one to do something whereby we went ahead and mentioned the types of peers like direct and indirect peer. Direct peer is the pressure put on an individual to go and do something after being told like fetching water. We also learnt the effects like alcoholism, school dropout among others. This is all I learnt and as helped me a lot.

ALIMA

Memprow has brought various changes in my life and joy which I thought would never experience because of my own personal terrible experience at home. I have stopped being stressed as it is not good for my body and caused me ulcers which I don't want to become chronic as it is dangerous upon my life.

Memprow has also helped me to know things which I had no idea about and this will help me become a better person in life.

ANENA RUTH

By name am Anena Ruth, it has always given me joy and pleasure whenever I am allowed and given opportunity to thank all Memprow facilitators and staff. During this training, I have heard

so many things like sexual reproductive health and rights and sexual violence like rape to mention but a few. This has helped me to build my self-esteem and choose my priorities wisely.

AFOYORWOTH CHRISTINE

I am called Christine and really appreciate you for what you have done for us as I have learnt a lot from you which has helped me to change my life from negative to positive. I have learnt a lot which is helping me as I got the knowledge concerning sexual reproductive health and rights, care for it, diseases which affect it and control that I have over it which I had no knowledge on before.

ATYERONIMUNGU RESTY

I have learnt a lot during this training by Memprow as I use not to know if it is normal or not normal to menstruate seven days and people use to say to me that it is not normal and would tell me that I am sick and this made me cry a lot especially whenever I was in my periods. I have now understood as Dr. Judith told me the cause and have learnt a lot of things like how to care for the reproductive system what diseases are caused by poor sanitation as she said diseases like Candida are got due to poor sanitation like through bathrooms, latrines among others. I had some itching around my private parts and never knew what was causing and had fear to find out but am was able to say what was happening to me to Dr. Judith and she told me what was causing it and what medication I can use to treat it which made me very happy and grateful for attending the session.

KAUTHAR ZABIBU NASSER

Starting from Monday to Tuesday, i learnt a lot of things concerning how to protect myself and be healthy. I learnt how oestrogen is useful in my body and how it works in the body as we are told that it is used in the development of breasts and helps in the menstruation process too. This has helped me in knowing how my body organs work in different ways and also learnt how one gets pregnant which I had no information about. I have also learnt how one gets HIV/AIDS through sexual intercourse. I have learnt about rape which is a way of forcing an individual to have sex without consent and also learnt that puberty is the step between childhoods to adulthood.

Before joining Memprow I use not to respect myself and feared people a lot in that could not speak in public and had no control over my life as I allowed stress take control of my body but now learnt how to handle stress and control myself from HIV/AIDS by protecting myself and now my life is better than before when I had no knowledge. I really appreciate Memprow for the training.

NYAMUNGU FAITH

I have learnt very many things in this training which has had a positive impact on my life. I have learnt about sexual reproductive health and rights like right to control over my body and live a healthy sexual life free from diseases or infections. I have learnt about menstrual cycle and menstrual diary and the facts concerning teenage of pregnancy and its symptoms and how to avoid

all these. Pregnancy is the reason as to why women should attend antenatal care because of testing for malaria, haemoglobin levels and checking the position of the baby to see whether the baby is growing. I also learnt of sexually transmitted infections which are got through sexual contact and how best to avoid. I learnt about abortion and its effects which include excessive bleeding and to avoid this one should always ensure safe sex. I learnt about family planning and the methods of family planning both hormonal and non-hormonal. I also learnt how to avoid peer pressure and have self control through use of plans and timetables. Great thanks to Memprow for providing us with knowledge and may God almighty bless you.

MUNGURIEK FORTUNATE

I am by the name Munguriek Fortunate a student of paidha secondary school in senior three and my comments are as follows. Before I came for this training did not know about gender based violence has learnt how to be confident and how to control myself and overcome stress. I thought that jealousy is a sign of love but from what I have learnt, it is not a sign of love. Learnt that both psychological and physical violence are serious and anyone can be raped whether dressed decently or indecently.

Learnt from the attorney general Bob Opio about our constitution and the rights am entitled to like education, feeding, speaking, leisure and learnt that a man or boy who rapes me or touches any body part not supposed to I have the right to report them to the police or local council in our community. Have learnt to show respect to my teachers, parents, friends and the community too as a way of respecting rights.

I learnt the effects of gender based violence which our teacher tells us may lead to death of the mother and can cause divorce and family instability that is to women while to men it can lead to loss of jobs as they can be arrested. It may lead to loss of love and lack of respect to the man's family.

KANYENYPRWOTH PRISCA

As I joined Memprow I found many changes in my life and I learnt many things and know that by the end of this period I will know more than I new and know how to draw my mind mapping that made me know what I want to be in future which made me struggle so hard in future so as to meet my demands.

Secondly know how I will protect myself, knowing myself and loving myself that I must know I have to respect my parents so as to create a good relationship with them, help them with domestic work at home and avoid bad peers in the community also be honest, kind, and helpful. I now know how HIV/AIDS is spread through use of sharp objects and pre-marital sex without use of condom, we should always say no to sex. Memprow taught us how to speak straight to people and always look into someone's eyes while speaking.

AYIKORU PRISCA

I am called Ayikoru Tracy, before I came to this association I did not know the meaning of Memprow but after when I joined I came to know that it is mentoring and empowerment program for young women so that our rights are not violated by other people. This program has brought a lot of change in my life as I got social survival skills. Here I learnt about knowing myself and who I want to be as I desire to be an agronomist in future and also mind mapping which is simply a child's plan.

We learnt of social intelligence where we talked of loving myself and knowing myself, getting along in the community, having confidence especially while speaking in public and now I can speak confidently in public places as am sure I will not be discouraged. I also want to thank Memprow so much for helping me to know how to overcome my stress because before I used to get so stressed up and would feel like doing things that could just keep me out of this world but now I can overcome stress and solve my problems because in this world if you know who you are you keep smiling and don't give up no matter what people say.

AYOMIRWOTH CYNTHIER

I used to be a fearful person and after I overcame fear. There used to be a boy who would call me but I would pretend that I have not heard what he was telling me but now I have learnt that I should look at him, talk to him straight forward while looking at the eyes so that the person can get scared. In other words I learnt not to be fearful. All thanks to Memprow.

AINEKONIMUNGU BRIDGET

Last term I was elected as the school deputy speaker of the Uganda National Student Association but I was so shy that I could not express myself in front of the public, whenever a new week was commencing I would get stressed praying that the speaker is available on Monday because in case I was absent, I was to take responsibility of addressing the assembly.

From last week's training I have gained some courage and confidence as I was able to stand tall and speak many times and now believe in myself that I will be able to address the assembly on any other occasion too and I highly thank Memprow for this.

ALIMA GIRAMIA

When we started our Memprow training I experienced change and learnt things I did not know of. Memprow made me forget of my late dad as they taught us of stress which brings ulcers. Memprow created happiness and joy in my life as when I am home I always think and cry but now have learnt what to always do. I also learnt new knowledge especially on gender based violence.

AYENYO WINNIE

At first I didn't know the meaning of MEMPROW but I came to know that mentoring and empowerment programme for young women or girls. So that our rights are not being violated by the other people. This programme of MEMPROW has made a lot of changes in my life. It has made me know how to read people and understanding body language, sincerely at first I didn't know all about this. In addition to social intelligence, I also learnt how to be confidence how to speak boldly. I also learnt how to communicate. On the session of mind mapping, it has also guided me on how to focus on my future career because a centre of mind map is a foundation to my future career and also a mind map without mind map can cast you. Another thing that I learnt in MEMPROW training is about HIV/AIDS where I came to know all about the statistics of people affected by HIV/AIDS and it was 1.4 million people and it is especially common among the young girls and the most affected region in Uganda is northern Uganda. In this part, it taught me how to be careful with my self. Foremost, I also learnt about what causes pain during the menstruation period. With concern about gender based violence, I came to know the major causes of gender based violence are the social inequalities between men and women. I learnt the types and there effects to women, men, communities and to children among others. In addition, I learnt about the human rights for example in Art.34, the right of children, Art.21, the obligations to children and commitment to all this laws whether at school, home or in the society. I wish to extend my sincere thanks to the MEMPROW for the changes it has made in my life as mentioned above.

AYOMIRWOTH FORTUNATE

I came to MEMPROW with a very shallow and narrow mind, but with all the lessons that I have been given here I am more open minded than I came. I have learnt to love and value my self more. I have learnt that women have the same rights as men. I am more proud of the feminist in me. I have learnt not to place different kinds of people into categories and boxes. I am less of a criticizer now. I have learnt to respect and love my body and the fact that a woman's job is to be only submissive but should also chase their career. I have become more combitious and given the zeal to set proper goals and chase them. I have learnt that women have a voice and change is not just a word one has to be involved. So I am going to put all I have learnt into practice.

KWIOCWINY JOLLY

I want to extend my sincerely thanks to MEMPROW because it has always given me joy and happiness whenever I am given an opportunity to share with my friends. It has made a lot of changes in my life and I want to analyse things i.e. In the first session about sexual reproductive health and right, I learnt about complete reproductive health in physical, mental, emotional and social well being of reproductive system and how it function, under this I learnt about puberty, the

hormones that are responsible for our body growth, the reproductive health problems. I also learnt sexually transmitted diseases, abortion and its dangers, peer pressure where we say is the force to extend on the person by his or her agemate and also types of peer pressure and its effects being direct and indirect and the examples were pressure to have sex, steal, effects being school dropouts etc. I have also got social survival skills and now know myself well and how to interact in society, learnt social intelligence about reading and understanding body language of people, learnt the power that I possess and how to use it. HIV/AIDS was another aspect I learnt of its danger, how to protect myself and how it is transmitted.

Memprow also empowered me on the human rights and now I know what I am entitled to as a girl child and what the constitution says about them plus gender based violence and its effects upon our lives and am now well equipped and hope to help others also change their lives as I have done.

GRAMIA SYLVIA

I have experienced many changes since I joined this training of Memprow. Before I joined this training was very shy and even lacked confidence while talking but right now I am not shy and even have a lot of confidence while talking. From this training, I learnt social intelligence where we were told that on component of it is reading people and understanding body languages. From this I learnt the power boys have like talking straight forward, overcoming parents and girls have the power of saying no to sex, having a voice and using it.

I also learnt about HIV/AIDS which was taught by Dr. Kintu where he gave its full meaning which is Human Immune Virus and AIDS which is Acquired Immune Deficiency Syndrome. He also taught how it spreads through having unprotected sex using sharp objects, mother to child and also through blood transfusion and how to protect it like though use of condoms, being faithful to your partner. I also know some receptuslike CCR5 receptor and CXCB receptor and also the discordant couple where he said that one partner is positive while the other is negative. He also said that a drug called AZT (1987) was discovered by a white man which only works for 2years and the virus becomes resistant, 3TC which could last for 3-4 years and was discovered in 1992 and the third drug was discovered in 1997 called NVP.

Through this training, I also now know the psychological stress in young women where he said that psychology means mind which is sub-divided into two which is conscious mind and subconscious mind, social meaning. He also said that headache has 3 divisions which are tension headache, cluster headache and migraine headache. I also learnt about the human brain where he said that the limbic system produces emotions and prefrontal cortex responsible for controlling the limbic system and the differences between female and male brains as the female have larger prefrontal cortex than males and also their brain is wired different from male.

AYOMIRWOTH GRACIOUS

I loved to be in Memprow, loved to be trained and would like to thank for these great things experienced as they are changing my life and ask God to bless you abundantly. When I was not in Memprow I never knew anything concerning Memprow but when I joined I got to know everything. I know how to survive in the community and what to do in order to survive. Due to this training I am now able to do what is needed from me as a child to survive in society like doing the domestic chores and hence this helps to create a good relationship.

In my community, I was a stubborn girl and would always run away from work in the society, beat children and their parents would always quarrel at me but could not go apologise but this training has changed me from bad to good. Before joining Memprow, I used to think that HIV positive people just take drugs and get cured forever but one day I tried finding out from my aunt who claimed did not know and I went ahead to ask a doctor who told me that there was no cure but there was a drug for HIV that manages the virus in the body but he refused giving me the name but thanks to Memprow I was able to find that information. From this training I was able to learn how to protect myself using the development skills which is the power of reading people and understanding body language which helps keep violators away from us and the power to say no to sex that protects us from getting problems.

Before I did not know anything about mind mapping but now I do as we were taught everything, one day a man asked me on my way to school what mind mapping is and I told him that it is the representation of an object as seen from above and he laughed at me and walked away. Thanks to Memprow now can tell someone what it is clearly after this training and can tell what mind map is, how it is done, its importance and what it deals with. I know that the centre of my mind map is my future career and also know what to do in order to achieve my goal. Lastly one day my father quarrelled at me, insulting me and I got so stressed up that I had no control over it but just cried hard to the extent that I refused to do anything but now am able to have self control.

One day I went to my grandmother without my dad's consent and when I came back father called me questions and I responded saying that from grandmother's place and he was bitter and started quarrelling and claimed that would starve for the day which I believe was violating my right to food which I assumed was only for children but this training has enabled me to know more about rights and am well equipped now helping me to change my life and am thankful to Memprow.

NYAKIDI SYLVIA

Before joining Memprow I did not have any ambition and I knew that my education was just a waste of time and resources but later on after attending the training by Memprow and was asked to share what my future goal was and had no idea yet my fellow girls had which encouraged me highly and before I knew it I had got an idea. Besides having no career idea I knew that I was not beautiful as some people said that I had tiny eyes and a big head while they also complained of my slippery hair as well. At school some girls said that I had a bad figure compared to theirs and whenever I had such comments I felt stressed and would in exchange abuse them and cry out to feel relieved. Now that I have realized myself and accepted myself as I am and am proud.

I always felt stressed with such discouraging words and did not know how to handle myself while dealing with the stress but with training from Memprow I have learnt how to manage my stress

both at home and school and also how to apologise whenever on wrong. Also naturally I did not know how to socialize with people but now I can freely interact with people which has made me brave and can assert myself by looking into peoples' eyes and saying no to people who think being social that you have accepted them.

I have learnt the dangers of unprotected premarital sex, sharing sharp objects and to always seek antenatal care during pregnancy and if found HIV positive accept and start treatment immediately. I learnt my rights like education, medical care and acts in case my rights are violated. In summary therefore I learnt who I am and what I can become in future, how to socialize and protect myself from diseases, stress and violation of my rights and acts and believe that I have a brighter future.

AFOYORWOTH CHRISTINE

Before this training never knew how to control stress and the reason why am saying this is because whenever someone disorganised me I became very angry and reacted badly as a result causing negative effects but now with what I have learnt I can easily control myself. I also never knew what social survival skills was but now am aware as I know myself and how to mind map and the power of social intelligence, have confidence when talking to people and promise to teach other people what I have learnt to bring change to their lives too.

PIRANOK DAISY

Before I joined this training my life was bad but now I have gained a lot of experience like I had no control and now I know how to control myself when having sex with my partner. Before the training I had no control over sexually transmitted diseases as I was not using condom with my boyfriend but the Memprow program has changed my life through use of condom for prevention of STDS. There was a time my boy friend stressed me up as he was complaining that am dating someone else yet I was not and at that time I did not know how to control myself but through this training I now can control stress through listening to music, gardening, sharing issues disturbing me among others. I wish this program does not stop as it has empowered the tomorrow women all thanks to Memprow.

MARY GRACE

This training by Memprow has really changed my life as it has made me know what Memprow means to young women like me and its importance on my life. I learnt about social survival skills which made me aware of myself, my plan and learnt never to get scared of the top because I too can make it because power does not only belong to boys but I too possess power through social intelligence where you get to read and understand one's body language. Another thing learnt was HIV/AIDS where we were taught how to live protecting our lives and free from stress as it affects our lives. We as women have larger pre-frontal cortex than the male therefore giving us larger brains than men. May god bless Memprow abundantly.

KWIOCWINY IRENE

I am appreciating Memprow for what they have done in my life that has changed my life tremendously, this training has enabled me to have control over my body and make decisions concerning my body and appreciate it, and how to conduct myself especially when am menstruating. I have a peer at home who influences me as she is not studying since she dropped out and wanted me too to leave school which was a bad thing and I told her that she was jealousy of me but Memprow's training encouraged me to work hard and avoid bad peers in order to succeed in life. I am very humbled and thankful to Memprow for this big change in my life.

MUNGUDIT ESTHER

When I joined Memprow I learnt so many things from this training and on the other hand I want to thank Memprow staff who taught us wonderful topics and may the almighty God bless you and continue with this good spirit. About what you taught us, I learnt so many things from the training like children's obligations like respect of parents and the community and the challenges faced when exercising rights as children. Sexual reproductive health and rights where I learnt how to express myself sexual behaviour, physical, mental and social well being of an individual and how my body functions. I also learnt about abortion, rape and defilement, birth control methods, peer pressure among others.

ATYERONIMUNGU PATRICIA

Memprow has brought various changes into my life like joy which I never expected as I have been experiencing a lot of stress at home which has now stopped as I realized that stress contributes to ulcers in my life. Memprow has made me acquired new knowledge which is so important in my life and contributes towards making me a better person. In our family we are six children and I am not happy in our family because of my school fees which is not paid since first term to date and am not sure about my studies ahead since my mother cannot afford to pay for all of us and she is alone since there is no one to help her out and am wondering if Memprow can help me out.

YOAEL PATRICIA

When I was not a Memprow girl I did not know much but now am aware of much after attending the training for two weeks where I learnt very many things like the power of social intelligence which is all about knowing myself in depth, social survival skills that encouraged me to help parents with work .I now know myself and what I want to become in future.

I learnt about sexual reproductive health rights from which I now know how I can maintain my responsibility and health and always have a right to say no to sex as I also learnt the differences between the male and female. I have also learnt about the dangers of abortion to human life which I will share with my friends too and encourage them to go for family planning.

IRACAN JUDITH

I met Memprow during the social survival skills training at our school and this boosted myself style and I also became a Memprow girl through this as I got to focus on what I want to become in future and built my confidence too. I was able to know the power of social intelligence and also learnt that I have power to say no to sex and how best to manage stress through self reflection, sharing problems, stepping away from the moment to think from which I learnt more on gender based violence against women and girls as some societies think that boys are more superior than girls but Memprow presented the key factors in promoting gender equality and violence against women and girls.

I have learnt the reproductive health information which has now changed my health as I got to know some diseases which affect the reproductive system and the dangers of abortion to women and consider sharing the information with my friends so as to transform their lives too. I am very humbled and thankful to Memprow for shaping my career path and look forward to helping others too.

AKELLO SYLVIA

It has always given me joy and pleasure whenever I am given opportunity to share a word with you take this opportunity to thank Memprow staff and facilitators for the session they gave us. During this training I have learnt things like sexual reproductive health and rights whereby under that we learnt on puberty, adolescence pregnancy and how to take care of pregnancy through antenatal care. I also learnt about the sexually transmitted diseases and how to choose the right peers in our lives and this has brought change to my life greatly and made me know more on my reproductive system and how it functions, made me know hormones that are in my body which include oestrogen and testosterone responsible for the body changes. I highly appreciate the work your doing in promoting education especially to girls and women' leadership in society and community. I express my gratitude to Dr.Hilda and all Memprow staff for the great work and pray that God rewards you abundantly.

AYIORWOTH SHARON

Before I joined Memprow I did not know what it means but now am aware as it is organisations that empower and mentor young women to improve on their knowledge and ensure their right are not violated. I never knew myself but on the first day of training I got to discover myself and be confident of myself and survive in the environment. I learnt how to survive and choose the right peers, use my power that I have to s say no to sex and protect myself against HIV/AIDS.I also gained a lot of confidence and can now boldly speak in public and also learnt that aids is real and should look after myself well and always use protection and avoid getting stressed cause stress I not good for my body and mind and could result to illnesses. To add on this I also learnt more on gender based violence and how to always fight for my rights which rights i got information on as I did not know of them before that and now am well aware and fight against violence.

OROMA POLLINE

During this training, I learnt a lot from Memprow that changed my life like self confidence which I did not have earlier as I was too shy and could not speak in public, it also enabled me to know my rights which I earlier did not know of like possession of power which we were always told as young people that it belong to men alone and that they control everything.

BIDOGIWU IRENE

Before I joined this training of mentoring and empowerment I did not know much but later I learnt a lot from it includes knowing myself better than I thought ,acquired social survival skills and was able to discover what plan I have for my future. I learnt that social intelligence I gained through reading one's body language and understanding it critically. About power I was able to learn that boys have power to move at night as they wish while I have the power to say no to sex always. I decide what I wanted t be in future as a career and this has greatly changed my life.

ATYERONIMUNGU FIONA

During this training I learnt a lot of skill like how to peak in public, reading peoples mind and understanding their body language which before I did not know. Learnt how to protect myself against early marriage to avoid dropping out of school which hinders success in my life learnt so many rights of women and girls and discovered that I want to be a nurse and therefore need to read hard so as to achieve this. I have learnt how right are violated in society and some of the challenges that women and children face when their rights are violated, and the gender based violence types that exist in society today. The training has also taught me how to handle stress and deal away with it instead of it controlling me. I cannot write all but am o thankful to memprow for this training.

ADOKORACH MANUELA

I take this opportunity to appreciate Memprow team for the changes it has brought to my life as I learnt about reproductive health and right that I have, puberty changes that occur in my life like menstruation and how to deal with the changes like pregnancy, abortion, family planning, peer pressure among others which have helped me to change my life. And control and protect myself. I urge you to keep up with this good work o that to create more change in society may God bless you.

AWEKONIMUNGU PATRICIA

When I was in primary six I got Candida and was taken to a certain clinic and they gave me some tablets plus a tube and as soon as I started using them the itching and burning reduced and by the time I completed the dose it had stopped totally but after sometime the itching came back which made me worried thinking that I have cervical cancer and this training has made me learn more on

reproductive health which gave me hope as I realized that they gave me the wrong medicine and that I should stop using soap to wash my vagina.

ATYERONIMUNGU RESTY

Since the Memprow training I learnt a lot that has helped me to know my future and how to behave in order to achieve my goals. The training has empowered me with the power of social intelligence where am now able to read people and understand their body language. I was also hated by my stepmother who could treat me badly as though am inhuman with a lot of insults which made me cried a lot and get stressed out. All this made me to lose respect for my step mother but now i have learnt the rights i have as a child from MEMPROW training which am committed to follow to achieve my future.

AFOYORWOTH DIVINE

I am so proud of this opportunity given to share my experience with you, I thank all the facilitators for giving us the training for girls and this is what I learnt from it. I learnt of the puberty stage which is the stage between childhood and adulthood where both boys and girls become sexually mature. We learnt a lot of differences between boys and girls like breast development, wet dreams for boys, menstruation and development of deep voices for boys. We also learnt about the hormones which are chemicals released from the brain to the blood known as testosterone for male and for the female. We also talked of the menstrual cycle which is the monthly shed off of blood by a woman through the vagina.

We learnt of facts about adolescence like teenage pregnancy, substance abuse, sexually transmitted diseases, peer pressure and social intelligence where I learnt how to believe in myself and be confident while talking to people by looking them straight in the eye. I am so thankful and ask the Lord to bless you.

RACHEAL ZAINARU

Before joining the Memprow club use I hated my step mother as she would beat me daily for small issues but now have trained to survive by knowing myself and what I want to be in future. I have learnt that I have the power to say no to sex and am equal to a boy too as we all possess power within us unlike long ago. I learnt how to control my rights as a girl and also identified what my obligation towards society and how to conduct and protect myself from physical, emotional and mental violence in society and how to prevent violence from occurring to me or someone else in society. I learnt how to express my right of freedom to speak as a leader and how to build my confidence I society, I believe am going to put this into practise and appreciate this change in my life.

NORAH

During this training I learnt many things like the meaning of health which the doctor explained to us as the state of complete well being physical, social, mental, and emotional and sexuality is how people express and experience sexual satisfaction. While explaining, she said that there are

changes experienced during puberty which is the stage between childhood and adulthood .From then I learnt of the existing hormones responsible for the development of breasts and wet dreams that is oestrogen and testorene which are released from the brain to the blood.

There are also facts on adolescents which I learnt like substance abuse, teenage pregnancy, sexually transmitted diseases among others and this has helped me to put my life straight.

ATYERONIMUNGU FIONA

When I joined Memprow gained a lot of skills like public speaking, walking skills, reading people and understanding their body language which I had no idea about. I also learnt how I must protect myself against early marriage, HIV/AIDS, school dropout which can affect my future tremendously. In this training I also learnt of women rights, childrens'rights among others .I got advice on how best to achieve my career by reading hard and respecting society. I learnt more on violence of rights of people and the possible challenges that occur like early marriage and denial of education to children and this has helped me to know my rights and how to practice them in society. Learnt stress management and now know how to manage and control it so that it has no effect on my life and thank Memprow staff for this great change.

AFOYORWOTH SHIFA

During this training, I learnt a lot of things that have changed my life like how to walk, discovered what career I wanted and how to achieve it as I got to know myself through mind mapping and learnt the power of social intelligence and how best to get involved in society and survive in it. After learning how to read people and understand their body language am no longer shy and can express myself in public. I have learnt of HIV/AIDS and how to prevent and control sexually transmitted diseases from attacking my body.

I now know the power I possess and how best to use them and know the differences between boys and girls on our bodies, learnt of gender based violence and how to fight against it in society and this is the change Memprow brought upon my life.

Stories from the girls

1. Growing up without a father, we are left to relatives who do not care about not about our future. Our mother is a vegetable seller and is not educated. The money she earns is not enough to buy food and pay for my school fees. This makes life so difficult.
2. I hate being discouraged by others about my future plans; it really hurts me.
3. I am ready to study and achieve my dreams but my parents are farmers, they only get money once so that makes it difficult to pay my school fees.
4. I want to stop my mum from drinking alcohol.
5. I want to read hard so that I can pass well and also listen to the advice my parents gives me about my bad behavior.
6. I want to change because most student say am very kind and I walk like a lame person.
7. I want to be a nurse but the bad things that may affect my performance is that am lazy and lack school fees.
8. I don't like showing up by having I know more attitude.
9. I don't like going for disco dance.
10. In my life I want to change from spiritual way of disobedient and become kind and honest
11. For me what pains me in my life is that how my future shall be.
12. What pains me is that staying at home without my father.
13. What pains me is that I am ignorant, I like fighting others and I don't have that heart of forgiveness.
14. I wish people stopped despising me because it hurts me a lot.
15. Sugar daddies always demand for sex I want to get out of this because it affects my mind when I am revising and my performance as well
16. I lost my dad last year when I was in P.7, my mum started paying me up to now but the mistreatment I get from my step dad and his children make almost to take off my life, how I which my dad was a life and GOD should give me his blessings of fulfilling my dreams.
17. What I don't like about my self is that people say I will never have a bright future.
18. I cannot address my problems to the public because I am shy.
19. One thing I don't like about my self is my personal relationship with God, I feel it's not good enough because whenever am praying He takes long to answer my prayers and I feel like if there is any other way to make my faith grow so that I succeed in every thing

Boys' commitments

1. RUBANGAKENDE DANIEL S.2 B: I personally can fight violence against girls by providing girls with basic needs like cosmetics, sanitary pads, and clothes. Encouraging them to organize discussion groups that keep them busy and also encouraging girl child education.
2. JALAR EDMOND S.1B: I would like to advice the illiterate parents to take their children to school and provide enough scholastic materials to the girls.
3. OCAKACON JEREMY S.3B: I can fight against violence by reporting violence to responsible bodies like the LC1, Life Concern(LICO)and the Uganda Human Rights

commission; Organizing drama in schools and public places to express about the danger of violence against girls.

4. OPARPIU GODFRED: Discouraging girls from moving at night especially to disco places; advising the parents not to give too much domestic work to their children which can lead to poor performance at school hence dropout of school; discouraging use of abusive language by some parents which discourages girls from attending school and hence early marriage.
5. OKETHWENGU MORIS S.1B: I can advise girls to join the MEMPROW programme because of the good knowledge you have shared with us; encourage healthy boy- girl relationships in order to perform well at school.
6. MUNGUDIT ALLAN S.3B: I will advise parents to provide girls with all basic materials to satisfy their needs so that they are not tempted to ask from strangers who in turn demand for sex.
7. OKURBOTH ISMAEL S.1 A: I will encourage girls to be God fearing by respecting elders in the community. I will also provide guidance to girls on issues regarding human rights abuses and violation. I can also encourage girls to go to a single sex school where there is no exposure to opposite sex.
8. OYIRWOTH AZIZ S.1B: I will advise girls to avoid negative peer influence from friends. I will also advise parents should also provide necessary information on body changes/growth.
9. KASAMBA EPHRAIM S5: I will organize debates in my school to discuss about violation of girls' rights.
10. MUNGURIEK DESIRE S.2A: I will advise girls to abstain from sex in order to avoid teenage pregnancy or child marriage.

Group Exercise 1:

Participants distinguished gender from sex as follows:

Gender	Sex
<ul style="list-style-type: none"> • Social roles played by either male or female in the society. These roles can change with time depending on circumstances. • Roles and responsibilities attached to male or female. • Differences in roles between male and female beings. 	<ul style="list-style-type: none"> • The state of being either male or female. • Intercourse between male and female organisms. • Having characteristics of either male or female being. • The state of being male or female that is biologically determined.

From the discussion, it was concluded that terms male and female refer to biological categories of creatures hence determined by reproductive functions whereas the society/social interaction determines who is a man or woman. The distinction between men and women varies across tribes, races, societies etc. For example, there is no woman cow but a female cow.

Group Exercise 2

A list of occupations was generated and participants were asked to determine who (between female and male) is most likely to end up in a particular occupation and the reasons why. The discussion yielded the following results:

Occupation	Female	Male	Reason
1. Scientist		x	<ul style="list-style-type: none"> It is the general mindset of the society Males reason faster Males can do hectic work
2. Sports person		x	<ul style="list-style-type: none"> Being very active Always having time for leisure Being more 'physically flexible' to participate in a number of sports
3. Religious leader		x	<ul style="list-style-type: none"> It is a tradition especially among Muslims
4. Head teacher		x	<ul style="list-style-type: none"> It is widely believed Being courageous
5. President		x	<ul style="list-style-type: none"> Being courageous and brave
6. Cook	x		<ul style="list-style-type: none"> It is a tradition/natural role
7. Member of Parliament		x	<ul style="list-style-type: none"> Males are believed to be better leaders and courageous however both males and females are capable of doing the job
8. Business person		x	<ul style="list-style-type: none"> Having freedom to move
9. Judge/Lawyer		x	<ul style="list-style-type: none"> Being intelligent Being good at critical thinking Males are relatively not emotional hence objective
10. House-helper	x		<ul style="list-style-type: none"> Generally believed/natural role Females have more time for household chores
11. Doctor		x	<ul style="list-style-type: none"> Mindset of society that females cannot be doctors Being fast at reasoning Being able to do hectic work
12. Engineer		x	<ul style="list-style-type: none"> Mindset of society that females cannot be engineers Males are able to do difficult work
13. Mathematician		x	<ul style="list-style-type: none"> Negative attitude of females towards mathematics Males are good at doing logical tasks
14. Nurse	x		<ul style="list-style-type: none"> Mindset of society that males cannot be nurses Females are relatively tender and kind

Group exercise 3

Participants were requested to suggest the stereotypes/tasks that were familiar about boys and girls as well as the reasons why those stereotypes/tasks were assigned to particular gender. The following submissions were made:

Stereotypes/tasks	Reasons
<p>Boys</p> <ul style="list-style-type: none"> • Lifting heavy loads • Emptying rubbish cans/pits • Construction of tents during functions • Being Shabby, stubborn, lacking ambition, unreliable and rude • Leadership • Slashing • Being poor at spoken English • Being determined, bold, brave, active 	<ul style="list-style-type: none"> • Boys being relatively strong physically and able to do technical work • Just being careless naturally • Being disrespectful • Boys having high potential to lead compared to girls •
<p>Girls</p> <ul style="list-style-type: none"> • Serving food • Cleaning offices/staff room at school • Being shy, lazy and lacking ambition • Being weak physically • Fetching water • Slow learners • Good at spoken English • Being soft-spoken and reserved 	<ul style="list-style-type: none"> • Girls being relatively organized, honest, careful and neat/tidy • Low self-esteem • Lack of determination • Role being traditionally acceptable for girls

However, participants indicated that roles including leadership, school club activities and cleaning the school environment needed some gender balance. The following deductions were made about the participants' submissions on stereotypes and gender roles:

- i. Stereotypes ultimately become so ingrained and affect learners' career choices, self-worth, relationships, value on education and ability to achieve their full potential.
- ii. When poverty forces children out of school, boys are often sent to work, while girls are kept at home to help with domestic chores. This is rooted in the way the society perceives girls and boys.
- iii. Gender often influences whether or not children attend or remain in school. Girls are more likely than boys to be out of school, and reasons are related to socially-constructed norms that define the roles that boys/men and girls/women should play.
- iv. Teachers giving boys tasking work can enhance their innovativeness.
- v. Girls' being gentle and speaking 'softly' should never be related to being knowledgeable and brilliant.
- vi. Largely, girls have higher ability to learn new languages compared to boys hence girls being good in English subject than boys. However, stereotypes sometimes discourage boys' concentration on learning English.

How can a teacher help a girl-child to meet her needs?

Participants suggested the following ways:

- Offering career guidance and counseling/health talks
- Provision of sanitary towels
- Sensitization of parents on the needs of a girl-child

- Provision of a changing room at school
- Love and care
- Scholastic materials
- Safety and Security

How will their lives be affected in case their needs were not met?

Participants suggested the following effects:

- High possibility of dropping out of school.
- Lowering of self esteem
- Poor academic performance
- Emotional distress
- Contraction of STIs including HIV
- Early marriages
- Girls finding other ways to have their need met.
- Poor hygiene

Patriarchy

Participants understood patriarchy to be characterized by:

- Discrimination of girls
- Burden of housework on girls/women
- Girls being denied education
- Girls' limited freedom and movement
- Lack of property rights among women
- Men's control over women's bodies
- Women's inability to control their fertility
- Men's control over productive resources

It was stressed that patriarchy is a system of doing things that favors men, promote male dominance and encourages men to hold positions of power. This was underlined as the root cause of Violence Against Women.

Why women support Patriarchy?

- Belief that the gender hierarchy is fair, they feel that they need to rely on men to both protect them and provide for them.
- Fear to violate traditional norms, like being an outspoken or an ambitious woman.
- It is men's obligation to look after and protect 'good' women.
- Women internalizing the values of patriarchy.
- Women lack knowledge about their power.
- Those who conform are given privileges.

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