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**RAFIKI MULTIPLIERS OF INFORMATION INITIATIVE**

**[RAFIKISTRY]**

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**PROGRESS REPORT FOR THE YEAR**

**2017**

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## **ABOUT RAFIKISTRY**

‘Rafiki’ is the Kiswahili word for ‘friend’. A friend is one who gives help and support and Rafikistry would like to provide services in a confidential and non-judgmental environment, free from discrimination, coercion and violence.

The main objective of the organization is to provide and increase information and skills on physical, mental, social, sexual and reproductive health as components of holistic wellbeing.

### **Vision**

To see each issue as fundamental to whom young people are and who they will become as adults.

### **Mission**

To support young persons in becoming valued, active citizens and in realizing their full potential in a friendly environment so that they can have positive attitudes towards personal growth and well being.

### **Goal**

We will pursue this aim through the delivery of unique programmes for young people, finding innovative approaches in design and involvement of the beneficiaries in giving practical information to young persons and adults.

Rafikistry is non-discriminatory; we have no ethnic or religious qualifications for membership.

### **Purpose**

We will seek to achieve the above by:

- Promoting and driving the highest quality youth work
- Influencing decision making and policy
- Raising aspirations in youth workers and young people
- Creating unique opportunities to engage young people in innovative, creative and fun learning opportunities

In an effort to meet all these goals and purposes Rafikistry has a number of programs, projects and events that it carried through in the course of the year 2017.

## **I. The ExCan? iCan! Mentorship and Transition Program Exclusively for High school leavers.**

### **What excan? ICan! is**

Rafikistry's excan? ICan! program is a life skills development empowerment program for those just leaving high school. It's a program that seeks to help ex high schoolers in general to celebrate adjust to adult life as they move to tertiary education and adulthood.

### **Number of Participants**

The program had 26 participants enlisted – 12 Male and 14 Female.



### **When and Where**

In 2017, The excan? ICan! Program took place on Tuesday, for 15 weeks starting from Tuesday, 24<sup>th</sup> January 2017 to Tuesday, 2<sup>nd</sup> May 2017 at the Rafikistry Offices from 2:00 p.m. to 4:30 p.m.

The program culminated with a retreat on 5<sup>th</sup> May 2017.

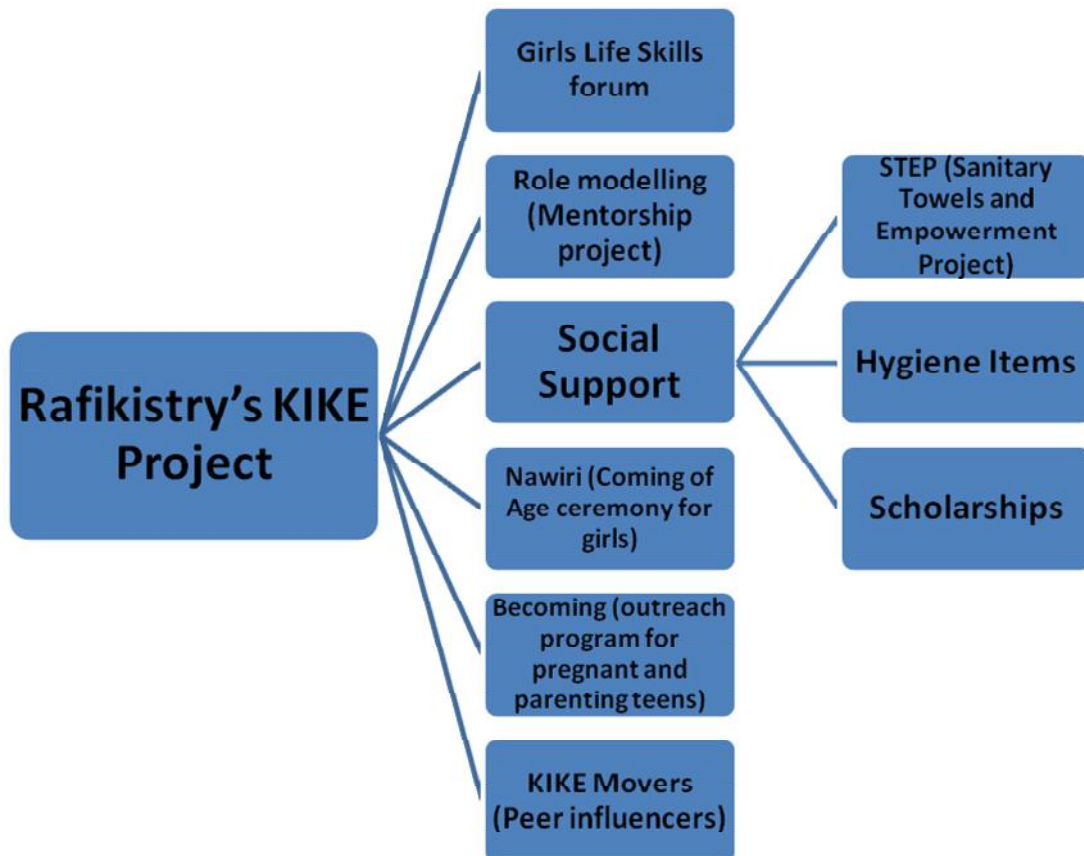
DATE	TOPIC
Week 1 24 <sup>th</sup> January 2017	Getting to know each other Why we do ExCans Sessions, Commitment On turning 18
Week 2 31 <sup>st</sup> January 2017	<u>Personal Vision and Mission</u> <u>Vis-a-Vis</u> Personal Branding
Week 3 7 <sup>th</sup> Feb 2017	<u>Uniquely U!</u> Personality profiles, traits and where to be placed. - San, Phleg, Mel, Chol - DISC <u>Personal Vision and Mission vs Uniquely U!</u>
Week 4 14 <sup>th</sup> Feb 2017	Celebration
Week 5 21 <sup>st</sup> Feb 2017	<u>Matters Relationships</u> Dating HIV and STIs
Week 6 28 <sup>th</sup> Feb 2017	<u>Matters Relationships</u> Dating HIV and STIs
Week 7 7 <sup>th</sup> March 2017	Dress the way you want to be addressed
Week 8 14 <sup>th</sup> March 2017	Attitude – determines altitude
Week 9 21 <sup>st</sup> March 2017	Music and media
Week 10 28 <sup>th</sup> March 2017	<u>Service Mentality</u> Life is more than just about “me”
Week 11 4 <sup>th</sup> April 2017	<u>Money Matters</u> Mind on my money Money on my mind
Week 12 11 <sup>th</sup> April 2017	<u>Money Matters</u> Mind on my money Money on my mind
Week 13 18 <sup>th</sup> April 2017	<u>The World of Work</u> First Impressions Communication skills Job Applications
Week 14 25 <sup>th</sup> April 2017	<u>The World of Work</u> CV writing
Week 15 25 <sup>th</sup> April 2017	<u>Careerealism</u> Job interview etiquette and manners
Week 16 2 <sup>nd</sup> May 2017	Putting it all together and getting organised for retreat
RETREAT - 5 <sup>th</sup> May 2017	Retreat

## II. KIKE (Keep In Keep Empowered)

**KIKE** is a Kiswahili word that symbolizes femininity. Rafikistry's KIKE programme is a life skills development empowerment programme for adolescent girls. The Girls' Forums are designed to specifically target girls and serve as a platform for them to share their experiences, exchange ideas, mentor one another, create awareness and address issues affecting their education.

KIKE has several projects under it. These include:

### Strategies used under KIKE



**The following Strategies were employed in the Year 2017**

#### i. Girls Life Skills Forum

In the year 2017, we were able to reach out to girls in 3 Schools:

1. Mahiga Primary School (Kahawa West)
2. Kiwanja Primary School (Kiwanja/ Kamae)
3. Achievers Academy (Githurai 44)



The Topics covered included:

- Goal Setting
- Study Skills
- Decision Making Skills
- Adolescence and Puberty – defining and describing the changes
- Adolescent Sexual and Reproductive Health
- Defining Reproductive systems and their functions
- Understanding menstruation and ovulation
- Understanding the changes happening during adolescence

## ii. Social Support

According to Wikipedia, Social support is the perception and actuality that one is cared for, has assistance available from other people, and that one is part of a supportive social network.

Specifically under Social Support, Rafikistry provided hygiene items in the form of Sanitary Pads to about 160 girls in Mahiga and Kiwanja Primary Schools. They also had basic training comprised of how to use the products and basic hygiene.

## iii. “NAWIRI”

Nawiri is a Kiswahili word that means blossoming. Nawiri embraces wise woman teachings and re-establishes the appreciation for the sacredness of the female body.



The ceremonies validate a girl’s existence at a fundamental level while offering counsel and advice from older, wiser women making one feel loved, cherished, important and deeply connected.

It provides a turning point — an initiation — a rite of passage, that helps the girls acknowledge that something very important is ending (Primary School) and something new is about to begin (High School) giving them space to process the loss of that which is ending and open them up to receive support for entering into the learning curve of uncharted territory.

**The ceremony**

The year 2017 “Nawiri Ceremony” was held on Friday, 17<sup>th</sup> November 2017. Sixteen girls who had just completed their Class 8 met at Idyllic Gardens in Kiamumbi. The girls got to connect with others of similar age, and had the support of older women.

There were also three adult women who were present to help the girls with the necessary support. Along with 3 older Nawiri girl initiates.

**iv. Mentorship For Nawiri Girls All Through High School**

When girls go through the Nawiri ceremony, Rafikistry has made a commitment to mentor them through high school. This means that during the school holidays, in April, August and November we meet with the girls and continue to share experiences with them. We invite other older women to be a part of this. We see girls maintaining their sense of aliveness and courage — growing into strong women and taking their place of leadership in the world.

The mentorship was on the following dates

April – Form 1- 18 <sup>th</sup> April	August – Form 1 – 23 <sup>rd</sup> August
Form 2 – 19 <sup>th</sup> April	Form 2 – 24 <sup>th</sup> August
Form 3 – 20 <sup>th</sup> April	Form 3 – 25 <sup>th</sup> August
Form 4 – 21 <sup>st</sup> April	

On Saturday, 26<sup>th</sup> August 2016, the Form 4 mentorship culminated with a Prayer Service. The girls as well as their family members were present.



### III. RAFIKISTRY’S LIFE SKILLS PROGRAMME – KIKE AND DUDE

#### **KIKE (Keep In Keep Empowered)**

**KIKE** is a Kiswahili word that symbolizes femininity. Rafikistry’s KIKE programme is a life skills development empowerment programme for adolescent girls.

#### **DUDE (Dude updated is Dude Empowered)**

**DUDE** is also a life skills development empowerment programme now which only caters to the adolescent boys.

Is one of the first programmes under the KIKE and DUDE programme and is designed to empower young people.

#### **Objectives of the programme**

##### **Specific**

- The programme seeks to reach young people in primary schools with information and life skills that do empower them so they are able to face different situations in life.

##### **Results Focused**

- The programme seeks to work with volunteers who together we are able to reach young people with information and offer skills that they need to improve their lives.

##### **Time-Frame**

- The programme is timely as we go to the schools every month between January and July once and an extra day so as to be able to cover all topics. Except for the months when schools are closed for holidays.

#### **Preliminary information**

<b>School Contact persons interacted with</b> 1.Mahiga primary school 2.Kiwanja primary school	1. The Head teacher-MR. Ochieng and Tr. Lucy Kamau 2. The Deputy Head teacher – Mrs.Mwangi
<b>Country</b>	Kenya
<b>Participants</b>	(see appendix 1)
<b>Implementing agency</b>	Rafiki Multipliers of Information Initiative
<b>Reporting period</b>	January to July 2017

## Outputs

Date	No. Of Participants			Topics covered
	M	F	Total	
January to July 2017	85	100	185	Module 1 - 6
<b>Total</b>	<b>85</b>	<b>100</b>	<b>185</b>	

## LIFE SKILLS PROGRAM IN MAHIGA AND KIWANJA PRIMARY SCHOOL FIRST AND SECOND TERM YEAR 2017

### Introduction

Mahiga and Kiwanja primary school are located in kasarani Sub County. The schools are part of the Nairobi County in Kenya. Mahiga and Kiwanja primary schools are sponsored by the Local Government Authority. The schools institution types are classified as-ordinary.

Mahiga primary school: 120 girls and boys

Kiwanja primary school: 65 girls and boys

Over time, Rafikistry envisions fewer reproductive health issues. We see girls maintaining their sense of aliveness and courage — growing into strong women and taking their place of leadership in the world.

### OVERVIEW

KIKE is a life skills development empowerment programme for adolescent girls and they were the only ones getting the life skills, Rafikistry thought it would be beneficial to be reaching out to the whole of class seven class both boys and girls. Since KIKE was solely targeting girls we had to come up with a programme for boys and this is how DUDE (A DUDE UPDATED IS A DUDE EMPOWERD)

Under the KIKE and DUDE programmes and meeting the class seven students in both Mahiga and Kiwanja primary schools the life skills lessons started beginning with goal setting.

## **Topics covered over the two terms**

### **MODULE 1. January - goal setting**

In this month both boys and girls got to learn what goals are and how the need to set goals in their lives in order to move forward in which they set academic goals in writing form of what they had attained in their last exams and what they want to achieve by the end of the first term. This helped them stay focused and improve themselves in their academics.

### **MODULE 2. February – study skills**

#### **February – study skills**

In order to help with their goals and better their academics we did study skills as a topic in order they for them to understand how they can study better, different study styles and how to stick to your goals while studying.

#### **March – study skills continued and decision making**

We had a chance to finish up on life skills and to give the kids some decision making skills and how to make the right life choices when faced with a situation in life

This topic was very engaging as they had a lot of questions and we answered them in the best possible way.

### **MODULE 3. March – Adolescence and puberty**

They had a chance to clearly define the deference between adolescence and puberty and describe the changes that happen during this time both physical and emotional in both boys and girls.

### **MODULE 4. MAY – Adolescent Reproductive Health**

They got to mention and learn Reproductive systems and their functions

- Boys class – covered male reproductive systems
- Girls class – covered female reproductive systems

## **JUNE – Continuation of Reproductive Systems**

Boy's class – learned about female reproductive systems

Girls class – did the male reproductive systems

## **MODULE 5. JULY – Adolescent Reproductive Health**

The girls did menstruation and ovulation and they got to understand their cycles

The boys did an overview on understanding menstruation and helping them as young men better understand their female class mates.

## **MODULE 6. JULY – Exchange**

In this lesson we did an exchange with the trainers where we the female trainers went to the boy's class and the male trainers went to the girl's class in order to give the children to get to get a different point of view of how they are growing and changing and also get to ask any questions they have always had about the opposite sex.

## **KNOWLEDGE, ATTITUDE AND PRACTICES SURVEY**

In the month of August just before the closed for the holidays we did a survey on all the topics they had covered in the contexts of Knowledge Attitude and practices.

## **QUESTIONS**

1. Which of the following is an example of a life skill?

- Good study habits -50 ticked
- Time management- 36 ticked
- Personal hygiene- 41 ticked
- All the above- 72 ticked

2. Did you write your personal goals so as to help you improve in your studies in first term and second term?

Responses: Almost all of them did write down personal goals and have seen how this has helped them improve their marks

3. Did you make a personal timetable now that you are in class seven?

Responses: Most of them said they now have personal timetables and this has helped them manage their time better including their leisure time

4. The following are life skills topics Rafikiistry taught you: Goal setting, Study skills, Decision making, Adolescence and puberty, Defining reproductive systems and their functions.

Which topic did you enjoy the most?

- Adolescence and puberty –67 of them
- Goal setting – 44
- Study skills –49
- Defining reproductive systems and their functions -39

### **KIKE AND DUDE TRAINING PROGRAM FOR THE YEAR 2017**

<b>MONTH</b>	<b>DAY/DATE/ SCHOOL</b>	<b>TOPIC</b>
JANUARY	Tues, 24 <sup>th</sup> - Kiwanja Primary School Wed, 25 <sup>th</sup> – Mahiga Primary School	GOAL SETTING
FEBRUARY	Tues, 7 <sup>th</sup> - Kiwanja Primary School Wed, 8 <sup>th</sup> – Mahiga Primary School	STUDY SKILLS
FEB/MARCH	Tues, 28 <sup>th</sup> - Kiwanja Primary School Wed, 1 <sup>st</sup> March – Mahiga Primary School	STUDY SKILLS continued and DECISION MAKING SKILLS
MARCH	Tues, 14 <sup>th</sup> – Kiwanja Primary School Wed, 15 <sup>th</sup> – Mahiga Primary School	ADOLESCENCE AND PUBERTY Defining and describing the changes
MAY	Tues, 16 <sup>th</sup> – Kiwanja Primary School Wed, 17 <sup>th</sup> – Mahiga Primary School	ADOLESCENT REPRODUCTIVE HEALTH Defining Reproductive Systems and their functions <ul style="list-style-type: none"> <li>• Boys class – Male</li> <li>• Girls - Female</li> </ul>

JUNE	Tues, 27 <sup>th</sup> – Kiwanja Primary School Wed, 28 <sup>th</sup> – Mahiga Primary School	ADOLESCENT REPRODUCTIVE HEALTH Defining Reproductive Systems and their functions <ul style="list-style-type: none"> <li>• Boys class – Female</li> <li>• Girls – Male</li> </ul>
JULY	Tues, 4 <sup>th</sup> – Kiwanja Primary School Wed, 5 <sup>th</sup> – Mahiga Primary School	GIRLS – Menstruation and Ovulation BOYS – Overview on Understanding Menstruation and helping young men better understand respecting their female classmates
JULY	Tues, 17 <sup>th</sup> – Kiwanja Primary School Wed, 18 <sup>th</sup> – Mahiga Primary School	GIRLS – understanding the menstrual cycle and vaginal secretions BOYS – Sexuality and behaviour

#### **IV. KISIMA – “Reading Well in order to Read Well”**

Kisima means ‘Well’ in Kiswahili.

“Well”, as used in this project has two meanings:

As a noun: It means - A watering place; a spa OR an abundant source: a well of information.

As an adverb: It means - in a good or satisfactory way OR in a thorough manner.

Under this project, there were two components:

##### **i. Improve Reading and Writing for School Children**

Under this component, Rafikistry seeks to equip children with reading skills. Activities include reading, writing, storytelling and penmanship.

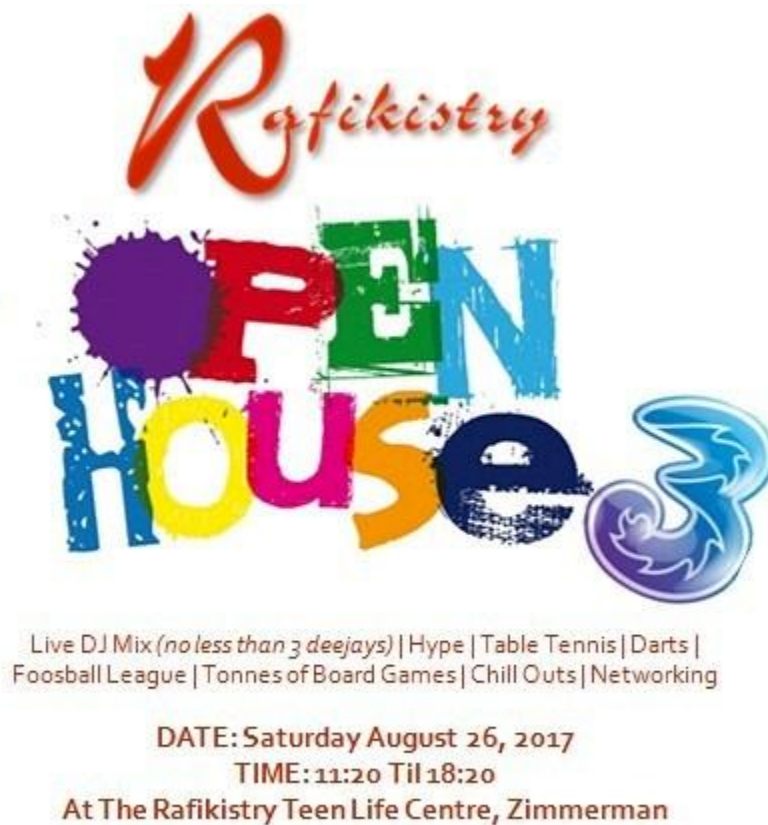
##### **ii. Provide Reading Space**

With the enhanced office space that Rafikistry now has, we have been able to provide the extra space to young people during the school holidays as space that they can utilize for their personal reading.

## V. Open House

On Saturday, August 26<sup>th</sup> 2017, Rafikistry held “Open House”.

Open House provides a fun informal space for Rafikistry members from several years back and previous cohorts get to interact. It also provides an opportunity for benefactors to get to meet some of the beneficiaries. More so it opens the entire house to allow all to have a feel of all its resources at one go. We therefore provide a wide variety of entertainment including games, dance and music.



## VI. THE KAWANGWARE KIDS VISIT

This was an Outreach to a youth group from Kawangware within Nairobi county and was held at the Rafikistry Offices in Zimmerman on Friday, 25<sup>th</sup> August 2017.

### EXECUTIVE SUMMARY

The report given is a summary of the teens and youth visit from Kawangware Kids to Rafiki Multipliers of Information (herein Rafikistry) Offices.

#### F5

Dubbed as “F5”, Rafikistry chose to see this as a time for refreshing for the Kawangware Kids.



## *Why F5?*

Commonly known as function keys on a computer keyboard, F1 through F12 may have a variety of different uses or no use at all.

In modern Internet browsers, pressing F5 will refresh or reload the page or document window.

## **METHODOLOGY**

The aim of the one day visit was to ensure that the Kawangware Kids would gain some life skills on that day. Life skills are important as they help young people in their growing up. With life skills they are better able to overcome the challenges of growing up and become responsible adults. They also acquire attitudes and behaviours that will lead to a better quality of life.

The days approach was interactive, learner-centered and experiential, involving the active participation of the learner, in an environment and approach which encouraged the participants to think, learn, enjoy and be inspired to seek more.

## **DAY'S AGENDA**

The day's agenda was as follows:

<b>Time</b>	<b>Action/Session</b>
7:00 a.m.	Meeting
8:30 – 9:00 a.m.	Arrival at Rafikistry
9:00 – 9:45 a.m.	Welcome, Orientation, Breakfast
9:45 - 11:45 a.m.	Watch a movie
11:45 – 12:45 p.m.	Learning's and applications from the movie
12:45 – 1:45 p.m.	Lunch
1:45 – 2:45 p.m.	Group games

2:45 – 4:00 p.m.	Board games
4:00 - 4:30 p.m.	Juice and Snack
4:30 p.m.	Vote of Thanks and Closing Prayer

### **The Movie – When the Game Stands Tall**

The choice of movie made was based on that it would be entertaining and yet it had life lessons, more so for students. The movie is “When the Game stands tall”.

This is a story about football coach Bob Ladouceur (played by Jim Caviezel), who took the De La Salle High School Spartans from obscurity to a 151-game winning streak that shattered all records for any American sport.

Some of the lessons from the movie were:

***The main lesson was: Invest the time and effort to make your game stand tall.***

Other lessons included:

1. Doing Meaningful Work: "Winning a lot of games is doable. Teaching the kids there's more to life, that's hard." - Coach Ladouceur

Until you focus on WHY you do your work - WHY it is meaningful to you personally and a life changing effort, then you are incomplete. The emphasis is that education too is not easy, it requires one to work smart and hard too.

2. Perfect Effort: "We're not asking you to be perfect on every play. What we're asking of you and what you should be asking of each other is to give a perfect effort from snap to whistle."  
- Coach Ladouceur

This "perfect" emphasizes "complete" effort. An example shared was that maybe for a student perfect requires one hour extra time for studies but the student chooses to ignore the “perfect effort” so does not put in the hour.

3. Goals Always: "Our goal is to give the perfect effort on every play." - Coach Ladouceur  
Every member of the De La Salle Football Team has goals at the start of the season. They announce them to the team. They report into the team how they are progressing towards achieving them until they do achieve them. They are clear on what means "success" to them individually, and how that contributes to team wins.

We encouraged the Kawangware Kids to set goals for their third term in school and put them in a visible place where they can revisit them. Having an accountability partner also helps.

4. Responsibility: "It's not about the game, it's about when you go out into the world that you are someone others can depend on." - Coach Ladouceur

There is need to be dependable and trustworthy.

5. Commitment: "Our tradition begins with a commitment. There is a qualitative value we place on that word - commitment. If I had to choose just one lesson a student would learn from participating; it would be learning how to make a commitment." - Coach Ladouceur

The lesson was that studies require commitment and there is no easy way out.

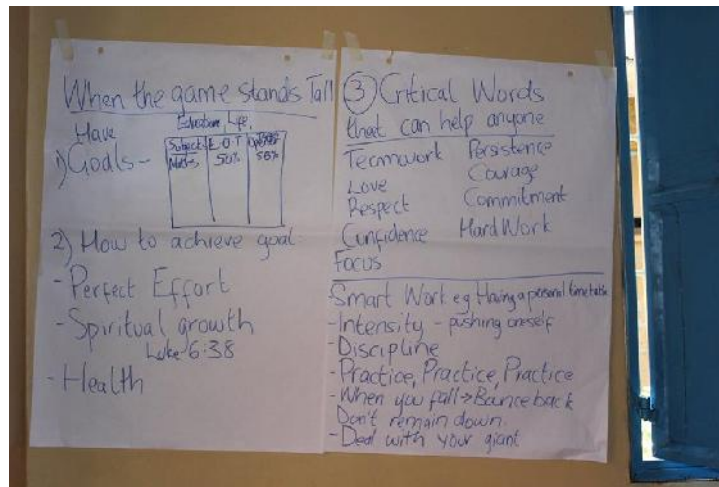
## **Board Games**

Playing games is an easy and excellent way to spend unhurried, enjoyable time together. As an added bonus, board games are also rich in learning opportunities.

Games don't need to be overtly academic to be educational, however. Just by virtue of playing them, board games can teach important social skills, such as communicating verbally, sharing, waiting, taking turns, and enjoying interaction with others. Board games can foster the ability to focus, and lengthen your child's attention span by encouraging the completion of an exciting, enjoyable game. Even simple board games like Chutes and Ladders offer meta-messages and life skills: Your luck can change in an instant — for the better or for the worse. The message inherent in board games is: Never give up. Just when you feel despondent, you might hit the jackpot and ascend up high, if you stay in the game for just a few more moves.

Generally speaking, the benefits of board games include:

- Spend time with family and friends
- Engage in activities that do not involve staring at a computer screen or a smartphone
- Exercise your brain by learning something new
- Improve your memory by keeping track of what is happening in the game
- Revive your creativity and problem solving skills
- Practice problem solving, storytelling, goal-setting, and other skills
- Just have fun!



Verbal feedback from the group was that they had learnt and had fun. This was our key objective and as Rafikistry we felt we had achieved it.

## CONCLUSION

Rafikistry was able to meet its general objectives and the numbers turning up at the Teen Centre had gone up in the year 2017. As part of our aim in 2017 was to have more impact and this was evident even in the fact that we had a youth group from another region visit us. We aim to have even more impact in the year 2018.

We would like to thank you so much for all the support you have provided. We would not have done all this without you believing in us.