

Life Skills Changing Futures

UGA-WCL-LSF-P02



Mbale, Uganda



Education

Budget \$46,500

Project Timeline

FULLY FUNDED

OCT 19

SEPT 21



Overview

This project addressed issues such as health literacy, life skills development, family and reproductive health – key elements needed to make wise choices about life. The training is conducted with young people in schools, prison inmates and church communities where ignorance and poverty, together with cultural “myths”, results in school drop-outs, crime, street children, HIV/AIDS, unwanted pregnancies and births, unsafe abortions etc. Our partners adapted their program to work within COVID-19 restrictions, strategically incorporating radio programs and a street kids program. An initiative to train "champions" in select stakeholder institutions was also run to address the ever-increasing demand for training.

Objectives

Impact



Radio programs reaching millions

Weekly radio broadcasts via 11 radio stations impacted **14+ million** listeners with various topics (teen pregnancy, reproductive health, youth violence, drug addition, positive parenting). Now so popular, many are requesting they continue.



1553 prison inmates impacted

Prisoner's lives have been turned around through the training provided in 5 prisons, empowering them to make life-giving choices. Prison staff were trained to continue the program when lockdowns prevented certified trainers attending.



4800+ empowered community members

Church groups, schools, community groups, health workers, Village Health Teams and street kids all received training on topics such as positive parenting, family planning, critical thinking, health & hygiene - leading to improved quality of life.



"Champion" training workshops

54 "champions" were trained as part of an annual initiative to raise up facilitators from key stakeholders to meet growing demand for training in churches, schools and prisons. They will later train other trainers after being mentored.



Life change

- Changed attitudes towards family size - smaller families, healthier mothers
- Young people with a sense of their responsibilities as fathers/mothers and the skills and knowledge to meet those responsibilities
- Self-esteem and making responsible, informed decisions to improve their lives
- Fostering of good relationships between men and women
- Community support that encourages good decision-making





Julius' Story

I'm Julius, married with four children. I spent a year in prison for sexual assault of a young girl. It was a challenging year and made me question many things. Thanks to the training I received on critical thinking and decision-making, communication skills, family planning and parenting, I came to realise the terrible mistakes I'd made that had caused such suffering to others. I learned things I never knew before and my whole attitude changed. Upon release, I was determined to care for my family well and to build positive relationships. My hope is that my community will also be trained and avoid making the same poor decisions that I did.



Village Health Teams provide grass-roots level health care. Their training is vital to raising awareness, promoting health and providing referrals to formal health services.

Namatali's story

Growing up, I was short-tempered, a thief and I never thought about the consequences of my actions. I rebelled against my father and fell into bad company. Under the influence of drugs, I sexually assaulted many young girls and was ultimately sentenced to 5 years in prison. Prison life was tough. I was fortunate to be selected for some training where I learnt about critical thinking and decision-making, family planning and reproductive health. It completely transformed my thinking and my behaviour. Now back home I am guiding my siblings and other young people who are trapped in a meaningless life. I want to use my knowledge to reach out to my friends and young people so they do not fall into the same pit as me.

