

## Choosing a Better Life



Mbale, Uganda



Education

Year 1 Budget \$26,500

Project Timeline

FULLY FUNDED

MAR 22

FEB 24

### Overview

This project addresses issues such as health literacy, education, life skills development, family and reproductive health – key elements needed to make wise choices about life - especially in Uganda where 80% of the population is under 25 (source: www.upfpa.org). The training will be conducted with young people in schools, prisons and school communities where ignorance and poverty, together with cultural “myths”, results in school dropouts, crime, street children, HIV/AIDS, unwanted pregnancies and births, unsafe abortions and maternal death.

### Impact for September 2022 - February 2023

#### 1103 Weekly training of students



in reproductive health/life skills - topics such as puberty, conception, how the body works, maternal health, life purpose, critical thinking and decision-making, healthy relationships, myths and truths. Students attest to being able to make more informed decisions and to improved school attendance and performance.

#### Our partners reached 630 prison inmates

with training in reproductive health and life skills. Training is carried out by prison wardens and staff, themselves trained by our partners to help amplify the reach to more inmates. Prison staff report improved behaviour since the training and fewer instances of attempted escape.

630



50

#### 50 village health teams (VHT) & 20 health workers trained as champions



They in turn passed the training on to 34 VHTs and 4 health workers, who reached out to community groups and schools (a further 301 people) with their knowledge. VHTs are responsible for health education services.

#### Follow-up and training of released inmates

60 released inmates have been followed up to evaluate the effectiveness of their training while incarcerated. They report improvements in parenting and critical thinking skills. 40 released inmates were trained as ‘champions’ as part of the strategy to meet the huge demand for training in communities.

60



- 1932 and 1969 people respectively have directly and indirectly benefitted - empowered to make good decisions and life choices.



### Karim's Story

At 17, father of two Karim Abdul (now 25) dropped out of grade 5 primary school after his parents divorced and he had to fend for himself. He found work making ceramic objects and pots on a construction site. One day he was helping build a pit latrine at a primary school engaged in the life choices training. The students saw his abilities and encouraged him to resume his education and join the after-school club to learn life skills. So he did! He has completed Grade 7 and the critical thinking skills he acquired have helped him make wise financial decisions and not to spend rashly. He now wants to continue into secondary school and onto vocational training.

100%  
GETS THERE

Thank you  
for making  
a difference