

Choosing a Better Life



Mbale, Uganda



Education

Year 2 Budget \$28,500

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 (RH) – 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 March - August 2023

1786 students from 15 schools in weekly training



Topics included: puberty, conception, how the body works, maternal health, life purpose, critical thinking and decision making, healthy relationships and discerning between truth and myth. Students attest to being able to make more informed decisions and improved school attendance and performance.

Our partners reached 417 prison inmates

with training on RH and life skills, aimed at rehabilitation and preventing re-offending. Inmates have gained confidence, developed critical thinking, communication and relationship skills, and set goals. Inmates have also called for training for the community at large to address high teen pregnancies, early marriages, and high school drop-out and crime rates.

417



89

22 village health teams, 12 health workers

trained as champions. They in turn trained 67 village health teams (VHTs), which help to disseminate information to community members such as women’s saving groups, antenatal clinics and schools. VHTs helped train 1548 people in group trainings and 798 in antenatal clinics.



Follow-up of 12 newly released inmates

to assess the impact of in-prison training and application at home. Ten were trained as champions and have begun empowering their communities to make wise life choices.

60



- 70 people were selected for champion training from the vision casting meeting with stakeholders – principals, school inspectors, health workers and prison officers.
- 3750 and 7500 people respectively have directly and indirectly benefitted - empowered to make good decisions and life choices.



Wesonga Alex's Story

I am 37 and a father of one son aged 8. I was in prison for nearly a year and was fortunate to receive training on topics such as true love, communication, critical thinking and decision-making as well as male involvement in maternal/child care, puberty and family planning. Understanding what true love is and learning critical thinking transformed my mindset dramatically. So much so, that I was elected coordinator of the training and leader of the inmates in prison. Since my release this year I have reconciled with friends I had offended and my father with whom I'd had an abusive relationship. I am now looking towards a positive future and productive work as an artist.

100%
GETS THERE

**Thank you
for making
a difference**