

REPORT ON YFK HEALTH STAFF TRAINING.



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Reviewed And Edited By:

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Activity Venue: Multimedia University Hotel, Langata.

Reported On: April 3, 2019.

INTRODUCTION.

After successful facilitation of the YFK Resilience I and Resilience II teachers training, SOWED Kenya and Basic Need Basic Rights organized a staff training which was conducted by Sharanya from CorStone Foundation. The key purpose of the training was to equip the staff with relevant knowledge on how to conduct the YFK Health teachers training.

SLIDE PRESENTATION AND POSTER PRESENTATION.

The first day training was conducted by Emily with help of all the participants since Sharanya was absent due to unavoidable circumstances. In her introduction, Miss Emily lead the participants through the opening circle and introduced the purpose and objectives of the YFK Health Training. Miss Emily also introduced the concept of health and with the help of the staff discussed how to link resilience skills to health.

Mr. James Wallunya introduced the topic of Taboo and Myths where taboos were explained as something that is prohibited by culture to be talked about especially in public while myths were explained as belief that a culture believes on. Some of the taboo and myths during adolescent are as follows.

1. Girls should not sit in presence of their father
2. Boy should not discuss sex issues with their mothers.
3. Women are not allowed to milk cows during their menstruation period.
4. Menses are considered unclean and girls and women should not bath during their menstruation days.
5. Walking around *Mugumo* tree seven times at night naked changes one sex.
6. Girls with big breast are more sexually addictive.
7. Sanitary pads should be thrown into anthill failure to do so one will never get pregnant.

Wallunya explained that taboos can change over time due to modernization, education and lack of passing of some taboo from one generation to another. It was also explained that information availability reduces vulnerability and ensure that adolescent makes informed decision about their health and well-being as they move into adulthood.

Some of the assets that an individual need to promote physical health were explained as

1. Equal Gender Attitude
2. Self-Efficacy
3. Social Connection
4. Health Knowledge
5. Ability to advocate for Health

The staff also affirmed that is important to explain in details the slide to teachers so as to allow them to understand.

On the second day, the slides were sub divided as follows

Session Number	Slide and Session Title	Slide Presentation	Poster Presentation
Session 18	Changes in Adolescence	Jane- BNBR	Simaloi-SOWED Kenya.
Session 19	Positive Relationship	Peter-SOWED Kenya	Dennis-BNBR
Session 20	Taking Care of My Body-Girls	Rebecca-BNBR	Kamene-SOWED Kenya.
Session 20	Taking Care of My Body -Boys	Simaloi- SOWED Kenya	Jane-BNBR
Session 21	Gender Constructs	Dennis-BNBR	Peter-SOWED Kenya
Session 22	Gender-Based Violence	Kamene- SOWED Kenya	Jane-BNBR
Session 23	Substance Use and Drug Abuse	Dennis -BNBR	James-SOWED Kenya

Table 1:Showing the distribution of slides and posters presentation among the participants.

For the poster presentation, the staff were to come up with relevant poster e.g. newspaper cuts, drawings or poster that demonstrate the slide titles. The slides and the poster were to be facilitated in each session.



Figure 1: Miss Emily Kamene and Mrs. Simaloi during one of the session discussion.

The topic of gender and relationship brought a lot of discussion especially the issue of same sex relationship or homosexual relationship. The issue was to how to explain to the teachers this form of relationship as is deemed a taboo in many Kenyan culture. To this response, Sharanya explained that the best way to explain this relationship is to explain to the teachers that everyone is entitled to be in any form of relationship whether bisexual, asexual, homosexual or heterosexual relationship.

Sharanya gave the following remarks after all the participant have facilitated their session:

1. Always important to link the discussion topics with the curriculum
2. Always have a consensus conclusion to close any discussion.
3. Is important to do visualization slowly. Sharanya explained that visualization is based on CorStone concept of mindfulness which can only be achieved through mediation.
4. Is important never to give your religious and social view when answering to teachers' questions regarding various topics especially the controversial one e.g. relationship.

OBSERVATION.

1. The concepts were well understood by all participant present.
2. All staff applied the skills of facilitation effectively during slide presentation.

PLANNING AND THE WAY FORWARD.

The teachers' health training for SOWED Kenya is set to happen on April 8, 2019- April 10, 2019. All changes regarding the PowerPoint Presentation and handout were to be changed and adjusted before the teachers training for both organization commences.

CONCLUSION.

The staff training was well conducted and staffs were well equipped and were ready to facilitate the teachers training.