



REPORT TO : DINING FOR WOMEN

PROJECT : DREAMS FOR OUR DAUGHTERS

DATE : OCTOBER 2012 - APRIL 2013

Overview

Huru International received financial support from Dining for Women to implement a project targeting 2,000 girls in Kenya. The Project Goal and Objectives were as follows:

Project goal: To empower girls through education by reducing rates of drop-out, and to lower their vulnerability to HIV.

Project objectives

1. Improve school attendance and performance of project beneficiaries over the course of one year.
2. Increase HIV awareness and knowledge among project beneficiaries over the course of one year.
3. Increase the number of direct and indirect beneficiaries accessing external youth-focused services through referrals.

IMPLEMENTING ORGANIZATION

Huru International's mission is to improve educational outcomes for at-risk adolescent girls by empowering their period as a means of lowering their vulnerability to HIV and other health risks that most severely affect the uneducated and disempowered. Absenteeism resulting from limited access to sanitary pads is a problem common throughout Kenya; and it is a significant contributor to gender-based educational disparities, as girls fall behind in their studies, repeat grades, and eventually drop out of school altogether.

Huru International produces and distributes kits of reusable sanitary pads (RSPs) and other essential resources to at-risk adolescent girls in Kenya. The production workshop is situated in Mukuru Kwa Njenga Slum, Nairobi. The workshop provides employment opportunity to women, men and youth from this resource poor settlement.

The Huru kit is designed to provide underserved adolescent girls with a key resource for safely and hygienically managing their periods, thus enabling them to attend school during their periods and improve their academic performance.

PROJECT SITES

The City of Nairobi exemplifies rapid urbanization amidst deteriorating economic and health conditions that characterizes African cities¹. Its economy is unable to meet local employment needs, while the central government and city council have failed to provide adequate basic amenities like affordable housing, water, and sewage disposal. Consequently, a rapidly increasing majority of residents in the city now live below the poverty line in overcrowded slums and shanty towns where health conditions and livelihood opportunities are poor. Among the critical problems facing the most vulnerable groups of slum dwellers, (in particular women and children), are: exposure to HIV/AIDS and sexually transmitted infections (STIs) via poverty driven, commercial sex; domestic

¹ African Population and Health Research Center (APHRC) (2002). *Population and Health Dynamics in Nairobi's Informal Settlements*. Nairobi: African Population and Health Research Center.

violence and child abuse; unwanted teenage pregnancy and unsafe abortion spurred by high levels of early sexual activity and; poor access to family planning and health services as a result of social, geographic isolation, low income, and informal residence. The project implementation sites of Kariobangi, Kasarani, Korogocho and Mathare mainly fall under this category.

Kariobangi is a low-income residential estate in northeastern Nairobi, initially set up by the City Council. It consists of both apartments and slum-type dwellings. It is split into two parts, *Kariobangi North* and *Kariobangi South*. As is common with most city council estates, the estate is poorly maintained and has experienced uncoordinated housing extensions. A number of former open - children- playgrounds have been grabbed and turned - into low-cost - both permanent and semipermanent - housing units. The highlight of this trend has been the development of an informal settlement estate 'slum', right next to the public primary school².

Kasarani is a slumburbia (mixture of slums and suburbs) with a population of over 525,000. Kasarani includes part of Githurai, Roysambu, Mwiki, Hunters and Warren. With high unemployment in this area, many people are forced to engage in precarious activities to earn a living. Those engage in the neighbouring factories work as casual labourers, earning poverty wages. Even with the free primary education, the levels of illiteracy and school drop outs is high. There is a lacks of enough educational facilities to accommodate the high number of students being enrolled. The few public schools in the constituency are overly populated, while non-formal schools mushroomed to complement the education sector, which lacks the requisite capacity. Kasarani also hosts a substantial number of Sudanese refugees³. These refugee women and girls experience a myriad of social and economic challenges including hunger, insecurity, discrimination and illiteracy.

Korogocho is one of the largest slum neighbourhoods of Nairobi and its home to 200,000 people pressed into 1.5 square kilometres. It borders one of Nairobi's main rubbish dumps, Dandora. The slum is divided into seven villages.⁴ There is little formal infrastructure serving Korogocho's residents, and most housing made of recycled materials. The area which has a high rate of crime has no central sewer system or piped fresh water.

Mathare Valley slum has an estimated population of 180,000; and it is known to be a place “where people eke out a living in life threatening conditions, where the most basic needs are not met for the majority, and where population growth rates are the highest in Africa. Their poverty is compounded by many factors such as domestic violence, crime, drugs and alcoholism, to name a few” (Anna Tibaijuka, Former Under-Secretary General of the United Nations, and Executive Director, UN-HABITAT).

BASELINE ASSESSMENT

² <http://en.wikipedia.org/wiki/Kariobangi>

³ <http://erepository.uonbi.ac.ke:8080/xmlui/handle/123456789/11338>

⁴ [PRESENTATION OF KOROGOCHO SLUM](#). Korogocho.org, Comboni Missionaries. 8 January 2008.

Huru International engaged 8 Youth Facilitators who conducted a baseline assessment among the beneficiaries. The assessment was used to determine: school absenteeism among the proposed beneficiaries as a result of limited access to sanitary pads; HIV awareness knowledge among proposed beneficiaries; and their access to external youth focused services.

The survey targeted 2000 beneficiaries from various places that covered in Kasarani, Kariobangi, and Mathare; and was conducted in the target schools in these areas. The schools were selected on the basis of need and vulnerability.

The baseline finding will be used to generate indicators for measuring the projects outcomes.

Summary of the baseline findings

(See Attached)

PROJECT IMPLEMENTATION

A) Kits Production

Project implementation started in October 2012 with the production of Huru kits. The process involved: the manufacturing of 16,000 reusable pads; procurement of other components that go into the kit such as: user instructions, girls' pants, bar soap, Ziploc bag as well as Huru backpacks. The pads were produced at the Huru workshop located in Mukuru Kwa Njenga – one of Nairobi's informal settlements; while the other components were procured from various suppliers. The reusable pads and the other kits components were subsequently packaged into 2,000 complete kits ready for distribution. Each kit was bundled in a backpack, and included: eight RSPs; three underwear; detergent-grade soap for washing the pads; a re-sealable waterproof bag for storing used pads; detailed instructions for proper pad use and maintenance; and information, education, and communication (IEC) materials focused on HIV prevention and sexual and reproductive health.

B) Information Education, Communication (IEC) Materials

Huru developed and printed 2000, 12 page IEC booklet materials which focused on menstruation and sexual reproductive health, HIV prevention and making decisions. . A bookmark was also developed with critical HIV prevention information and a referral hotline number to One2One which is a Youth Hotline number.

Recruitment of beneficiaries

The recruitment strategy for the girls included the school administration, guidance and counseling teachers and other teachers who provided lists of potential beneficiaries. Partners who had ongoing programs in various schools also participated in the process of identifying potential beneficiaries. Assessment of beneficiaries was done by Huru's Youth Facilitators (YFs) who administered an assessment questionnaire to the 2,152 potential beneficiaries identified above. The purpose was to determine their eligibility based on the criteria below.

Eligibility criteria
<ul style="list-style-type: none">• Started menstruation• Misses school because of monthly menstruation periods

- Cannot afford the sanitary pads available in the market.
- Inadequate supply of pads
- Willingness to use the reusable sanitary pads

The information recorded during this process will also be used for beneficiaries follow up and for comparison of the baseline and end line survey finding so as to determine the outcomes. The Field Coordinator reviewed the individual Assessment Forms and come up with a final list of 2,000 eligible girls.

DISTRIBUTION EVENTS

Huru worked with the government’s Ministry of Education (MoE) to gain access to the beneficiary schools which are public and under their overall management.

The distribution events were planned in the various schools through the YFs. Where the number of beneficiaries in particular schools was low, these were clustered so as to hold one distribution event. Subsequently the Youth facilitators organized with the school administration for a convenient time to conduct the event.

Distribution events are structured as educational seminars. The event has three sessions which are conducted by the Youth Facilitators. During the first session the facilitators conduct a large group training session. During the session girls were introduced to the Huru kit and given a demonstration on how to use the pad. In addition, girls were taken through a session on menstruation. Training on proper use and care of Huru pads was also provided during this session. The beneficiaries were also given an opportunity to repeat the demonstration on how to use and take proper care of the pads.

During the second sessions, girls were organized into small groups of 25 each, and they were taken through skills for HIV prevention; and training on how to say NO to sex. Each group was led by a group facilitator. Group discussions were guided by the Information, Education and Communication (IEC) booklet that were provided to every beneficiary. Each beneficiary also received 3 bookmarks - to share 2 with family members and friends.

The various sessions provided age appropriate information on HIV facts and prevention methods, self-esteem, and other life skills lessons.

The third and final part of the distribution event was the handing over of Huru kit to the girls.

Summary Information on Beneficiary Schools

Name of School	Location	Type	Est. School Population	Girls Population	Huru Kits Beneficiaries	Distribution Event Date
Marura	Korogocho, Kariobangi	Primary, Public	1400	730	187	March 19, 2013
Daniel Comboni	Korogocho, Kariobangi	Primary, Public	1920	1010	171	March 20, 2013

Njiru	Njiru, Kasarani	Primary, Public	500	185	51	March 27, 2013
Neema	Njiru, Kasarani	Primary, Public	345	155	52	March 27, 2013
St Dominic	Mwiki, Kasarani	Primary, Public	1,660	835	187	March 22, 2013
Mahiga	Githurai, Kasarani	Primary, Public	1420	690	135	March 14, 2013
Kwangethe	Githurai, Kasarani	Primary, Public	750	370	94	March 14, 2013
Githurai	Githurai, Kasarani	Primary, Public	1440	700	294	March 14, 2013
Roysambu	Githurai, Kasarani	Primary, Public	1570	780	98	April 5, 2013
Valley View	Githurai, Karasani	Primary, Public	580	250	90	April 5, 2013
Kasarani	Kasarani	Primary, Public	1020	520	187	April 3, 2013
Mathare	Mathare	Primary, Public	1350	670	94	March 28, 2013
Kareri	Mathare	Primary, Public	500	200	42	March 28, 2013
Murema	Mathare	Primary, Public	1250	680	122	March 28, 2013
Dr Mwenje	Kariobangi	Secondary, Public	450	210	114	February 21, 2013
Kariobangi North	Kariobangi	Secondary, Public			30	February 21, 2013
Tom Mboya	Kariobangi	Primary, Public	1820	950	141	February 12, 2013

PARTNERSHIPS AND REFERRALS

Partnerships were developed in all the areas that distribution events took place and this made it possible for a smooth implementation of the project in the mapped areas and this also provided base for referrals.

During the implementation period Huru partnered with Liverpool VCT, care and treatment the purpose for the partnership was for LVCT to offer care treatment to beneficiaries through the toll free one2one hotline. The hotline provided basic counseling and referrals. In each Huru kit it included a supplemental IEC bookmark in triplicate. Each beneficiary was encouraged to keep one bookmark and give the other two to their friends; the bookmark contained critical HIV prevention

facts and details of and contact information for the one2one hotline. This enabled the project to reach 4,000 indirect beneficiaries in addition to the targeted 2,000 direct beneficiaries.

Teachers at the various schools were also supportive and instrumental in identifying youth friendly centers that provide HIV counseling and testing services to youths for free.

Summary of Outputs

Objective 1: Improve school attendance and performance of project beneficiaries		
Planned Activities	Outputs (#)	Comments
Manufacture 16,000 reusable sanitary pads	16,000	
Procure components and package 2000 complete Huru Kits	2,000	
# Target schools for Intervention	16	
Identify 2,000 beneficiaries	2000	
# Distribution events Planned	8	
# Distribution events held	8	
Monitoring & Evaluation of Intervention		
Objective 2: Increase HIV awareness and knowledge among project beneficiaries		
Planned Activities	Outputs	Comments
Develop and Produce # IECs in form of Booklets	2,000	
Provide # IECs to beneficiaries	2,000	
Hold # of HIV prevention session (small groups) with beneficiaries	84	
Monitoring & Evaluation of impact of HIV Messaging on beneficiaries		To be determined at Endline assessment
Objective 3: Increase the number of direct and indirect beneficiaries accessing external youth-focused services through referrals		
Planned Activities	Outputs	Comments
Print # of IEC materials (bookmarks) promoting the one2one youth hotline	6,000	
Distribute # of IEC materials to direct beneficiaries to share with friends	6,000	
Monitor uptake & usage if hotline among direct & Indirect beneficiaries		To be determined at Endline assessment

PROJECT MONITORING AND EVALUATION

Beneficiaries' data was captured using various tools which included: pre- beneficiary lists provided by the school administration, initial need assessment forms, distribution event attendance and kit sign off form.

Detailed baseline data were collected directly from the beneficiaries through administering of a need assessment form which captured: the neediness of the beneficiaries, attitudes and level of knowledge regarding HIV/AIDS, patterns of sexual behavior, and awareness of uptake of HIV prevention and treatment services.

The project outcome which will reflect changes in behavior and knowledge will be tracked through the administration of post-distribution endline survey which will be done in June/July 2013.

Huru will continue to work with the Ministry of Education at endline assessment to access the school registers and performance records that will be used to determine any changes in attendance and academic performance.

CHALLENGES

1. The school administrations included in the lists of potential beneficiaries girls who were pre-menarche. This is because schools saw the project as an opportunity to secure Huru kits for all needy girls in the schools. The assessments were carried out to ensure only girls currently needing the kits would get them, hence reducing number of beneficiaries in some schools. As a result, Huru had to schedule more distribution events than initially planned in order to reach the project targets.
2. The beneficiaries wanted more than one kit so that they could take to their sisters and mothers at home.
3. Some schools have inadequate sanitation facilities, which generally cause a challenge for girls for girls during their menses.