



PEER EDUCATION KABAROLE

End-of-year Report January 31, 2020

Peer Education Kabarole (PEK) is a school-based peer education program in the Kabarole District, western Uganda. The program aims to improve student reproductive health knowledge through the use of student Peer Educators.

Peer Education Kabarole
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An initiative of

H.E.A.L. International, Edmonton, Canada
www.healinternational.ca

INTRODUCTION

This report contains the summary of Peer Education Kabarole (PEK) activities for the fiscal year 2019/2020. More detailed information on PEK activities can be obtained by contacting the PEK Office in Uganda or H.E.A.L. International in Canada.

PEER EDUCATION KABAROLE OVERVIEW

First and foremost, we take the opportunity to thank God for having kept us alive and healthy. We further thank God for keeping us growing stronger and together as a team for the many years we have been working together. We look forward to a successful year ahead.

Peer Education Kabarole Administration

Peer Education Kabarole has three staff members who have been running this program for the past eight years: Banura Lilian (Director), Mwesige Richard (Program Coordinator) and Aliraake Regina (Secretary/Accountant).

The Director is the general administrator of all PEK programs. Together with the Programme Coordinator, she ensures the proper and efficient running of the program according to approved work plans. From time-to-time, H.E.A.L. International will send volunteers and interns to help in projects. In 2019, a volunteer from HEAL International, Dr. Salma Murji, spent two weeks in February 2019 helping with the implementation of programs, including undertaking some Peer Educator trainings.

Oversight of PEK is undertaken by a Board of Trustees who play a role in planning and overseeing PEK activities. The Board consists of six members and is currently chaired by Kemigabo Catherine, the Kabarole District Health Educator. The other board members are: Hajji Ray Bashir, Birungi Denis, Asaba Jennifer, Tweheyo Owen and Arif Alibhai.

District Executive Committee.

This is a committee of student representatives who are responsible for monitoring and supervising the activities of school-level activities. This committee works together with program administration to ensure that the program's objectives are achieved. The Committee consists of five students selected by the schools and who are appointed to serve for a one-year term of office. The District Executive Committee for 2019 were Chairperson Abu Hussein (Mpanga SS), Vice Chairperson Kenyange Martha (Kitumba SS), Treasurer Rwabuhinga Amos (Fort Portal SS), Secretary Opule Joyce (Fort Portal SS) and Assistant Treasurer Nyakojo Joshua (Kitumba SS).

Finance and Accountability.

H.E.A.L. International, a Canadian based charity agency, is our major funder. H.E.A.L. International plays a role in the planning of programs and ensuring the proper use and accountability of funds.

A representative of HEAL International, Tom Rubaale, helps to check all our incomes and expenses on a weekly basis.

PEER EDUCATION KABAROLE ACTIVITIES OVER THE PAST YEAR

A. Handover and orientation workshop.

This is an annual event aimed at recognizing and awarding certificates of appreciation to the outgoing club's leadership for the good work they do to serve the community through the PEK program. This workshop is also an opportunity to welcome the newly elected leadership. Finally, Peer Educators are provided with an orientation on their roles and responsibilities and training on various health topics, including sexual and reproductive health and oral health. Last year, 87 female and 94 male (total 181) Peer Educators attended this workshop.

This year we integrated music dance and drama into the annual workshop. Kyebambe Girls Secondary School emerged as the overall winner of the competition.

Below is a list of the 15 schools that were part of the PEK program in 2019/2020:

- | | | |
|-------------------------|--------------------------|--------------------------|
| ▪ Nyakasura S. | ▪ King of Kings S.S | ▪ Kibiito S.S |
| ▪ St. Leo's College | ▪ Kabarole Adventist S.S | ▪ Rwimi S.S |
| ▪ Kamengo S.S | ▪ Fort Portal S.S | ▪ Ruteete S.S |
| ▪ St. Maria Goretti S.S | ▪ Kahinju S.S | ▪ Kitumba S.S |
| ▪ Kyebambe Girls S.S | ▪ Mpanga S.S | ▪ Nyakigumba Parents S.S |

B. Radio programs.

Mountains of the Moon University radio (FM), a local FM radio station in Fort Portal town donates a 30-60 minute slot once or twice a month for Peer Educators to discuss health topics with their listenership. All participating schools were given equal opportunities to present during these radio programs.

C. Training and field visits.

The staff conducted field visits to all schools to provide follow-up intense trainings to the Peer Educators. Each school's PEK club has between 30 – 100 or more volunteer Peer Educators (depending on the size of the school). Topics and the schedule of visits depends on the school's interests, needs and availability. In 2019/20, we provided training to 1072 Peer Educators (491 males and 581 females). However, this number is an underestimate as in some schools we had a larger audience that did not register their names for the session.

D. Newsletter

This year we were able to print and distribute 1,000 newsletters that we distributed to all 15 PEK schools. The newsletter consisted of educational materials, testimonials and stories/poems from students.

SIGNIFICANT ACHIEVEMENTS AND CHANGES:

- ❖ A Peer Educator from Kitumba Secondary School composed a PEK anthem which was professionally recorded. This anthem will now be played at all school trainings and at the beginning of all PEK radio talk shows.
- ❖ We introduced a new curriculum within PEK which focuses on the importance of Oral Health.
- ❖ In 2019, the PEK program and Peer Educators were given an opportunity to participate in the Rotary Cancer run - an annual event aimed at soliciting resources to support cancer patients in Uganda.
- ❖ The trees planted at 15 PEK schools at our 10th anniversary are being well tended by the students.

- ❖ Our peer educators were able to participate in the WORLD AIDS DAY commemoration that took place last year in December 1st, 2019. This activity took place at Kicwamba Health Centre III where Peer Educators performed a poem and a skit on the topic of HIV/AIDS.
- ❖ In honour of the 10th anniversary of the PEK program, Certificates of Appreciation were given to long-standing volunteers, school matrons, patrons and the strongest performing Peer Educators in each school.

OUR CHALLENGES:

- ❖ Limited time available for school-based trainings. We recognize that schools have timetables that guide their activities and also as PEK we don't fall anywhere on their programs so we always work hard to make sure that these schools find time for our activities.
- ❖ Changing or transfer of schools by Peer Educators has also affected our programs, especially when key trained Peer Educators move to schools that aren't part of our program.
- ❖ We rely on the support of school Patrons and Matrons. However, not all school Patrons and Matrons offer us the support we need which limits our ability to fully train and engage Peer Educators in these schools.

ACKNOWLEDGEMENTS

We wish to extend our sincere appreciations to all our partners and supporters listed below:

- ❖ Health Education and Leadership (H.E.A.L.) International for funding and supporting our programs.
- ❖ Kabarole Local Government District Health Department for technical and leadership support on health education to Peer Educators.
- ❖ Youth and Women Empowerment (YAWE) Foundation for technical support, medical services to our Peer Educators and literature materials.
- ❖ Reproductive Health Uganda for providing medical services to our Peer Educators on low cost basis, literature materials and health professional for sexual reproductive health training.
- ❖ Our Board of Trustees for their voluntary service to the youth in Kabarole District
- ❖ All Executive Committee members, Peer Educators and volunteers for their voluntary service to the mission of the organization.
- ❖ Mr. Tom Rubaale for his guidance and additional oversight of the funds disbursed to the PEK program.

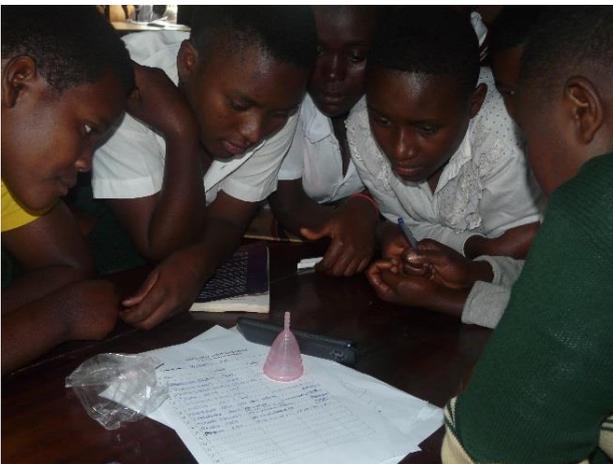
PHOTOS



Kahinju Senior Secondary School Peer Educators



Kahinju Senior Secondary School Peer Educators



Ruteete Secondary School students learning about menstrual hygiene



Ruteete Secondary School Peer Educators



Kahinju Senior Secondary School training



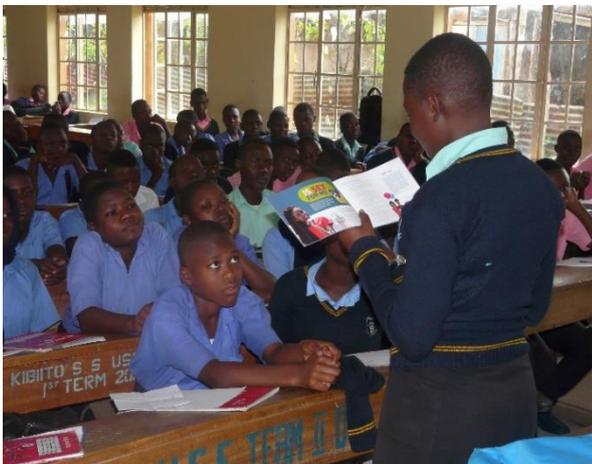
Kahinju Senior Secondary School Peer Educators



Kibiito SS Peer Educators during a training



PEK Coordinator attending a training at Kibiito SS



Peer Educator at Kibiito SS sharing an article during a training session



Kibiito SS Peer Educators. In the center is the PEK tree the students planted in 2018.



KASS Peer Educators in a training session



KASS Peer Educators



Peer Educators during the 2019 Rotary Cancer Run



Peer Educators from Mpanga SS delivering a talk show on the radio



Peer Educators from Rwimi SS delivering a talk show on the radio



Chairperson of the District Executive Committee, Abu Hussein



Peer Educators from Kitumba SS



Peer Educators from Kamengo SS delivering a song and a skit to students at their school



Peer Educator Training at Fort Portal SS



Peer Educators at Fort Portal SS



PEK Board of Trustees 2019/2020



Peer Educators at Mpanga SS reviewing the new Oral Health training manual



Peer Educators at Mpanga SS



Peer Educator Training at Mpanga SS



Peer Educator Training at St. Maria Goretti SS



Peer Educators at St. Maria Goretti SS



Peer Educator training at Kyebambe Girls SS



Peer Educators at Kyebambe Girls SS reviewing the Oral Health manual



Peer Educators training at Kamengo SS



Peer Educators at Kyebambe Girls SS



Peer Educators at Kamengo SS



Peer Educators at Kitumba SS performing the PEK anthem



PEK District Executive Chairperson receiving a certificate of appreciation for exceptional service



PEK Board Member and former Peer Educator receiving a certificate of appreciation for exceptional service