



Save Youth's Dream Foundation
Plot No.34, Mikocheni Industrial Area, Kinondoni
P.O.BOX 11014, Dar es Salaam
Email: info@sydf.or.tz

PROGRAM REPORT

Project Name	Breaking Silence: Gender Based Violence and Mental Health Awareness.
Start Date	22 nd September 2023
Completion Date	22 nd September 2023
Location	Kifai Modern Secondary School – Kibaha Pwani
Coordinator	Asimwe G. Kamugisha

PROJECT OVERVIEW

SYDF is a youth-led NGO with the aim of enhancing, empowering, and supporting youth's lives by fostering physical, emotional, mental resilience, efficacy, innovation, and transformative changes on sustainable development. Through Breaking Silence: Gender Based Violence and Mental Health Awareness Project, SYDF focuses on having ongoing community education and sensitization to enhance understanding and foster a positive attitude towards discussing mental health and GBV-related topics, boost youth engagement within educational initiatives encouraging dialogue around these subjects. Secondly, equipping parents and educators with evidence-based skills and tools which will empower them to support youth by raising awareness and offering counselling services, as well as fostering healthy relationships. Finally, utilizing established social clubs to provide students with a platform for expressing their challenges and concerns allowing their voices to be heard and promote leadership development. Further conducting in-school activities, weekly meetings, and potential solutions, bolstering students' self-confidence while addressing the negative impacts of stigma, enabling them to excel in every aspect of life.

In recent years, increasing awareness has emerged regarding the significance of addressing mental health and gender-based violence among the youth population, recognizing the interrelated nature of these pressing issues. This report endeavours to illuminate the intersectionality between these two subjects, offering valuable insights into the challenges confronted by young individuals who face both mental health and gender-based violence-related struggles. By gaining a deeper understanding of these unique adversities, it will be possible to devise comprehensive strategies that equip young people with the necessary support, resources, and tools to succeed.



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Gender-based violence (GBV) embodies a broad designation to describe any form of violence enacted against an individual or group due to their gender. This substantial public health concern has far-reaching implications for the health and well-being of young individuals across the world. Global approximations suggest that up to 1 billion children between the ages of 2 and 17 have been subjected to physical, sexual, or emotional violence. Those who undergo or are exposed to GBV possess a higher risk for developing mental health disorders.

The reports reveal that nationwide, 40% of women aged 15-49 have encountered physical violence, while 17% have faced sexual violence. Almost three in ten Tanzanian females have disclosed experiencing sexual violence before turning 18, and 44% of women have endured physical or sexual violence from an intimate partner. These figures are higher than global estimates and the sub-Saharan African (SSA) average, as stated by THE CITIZEN Magazine authored by Hellen Nachilongo,

Furthermore, the reports emphasize that gender-based violence (GBV) cannot be disassociated from men's experiences, as both genders are confronted with similar challenges such as forced rape, sexual abuse, compulsory recruitment, and sex-selective mass execution. These issues are particularly prevalent in regions with political conflicts. Current GBV trends indicate a growing number of male victims of various forms of gender-based violence worldwide, including Tanzania. Factors contributing to this rising rate include civil wars, education advancements for women, increases in female income, and gender equality campaigns led by public and private institutions. Unfortunately, male victims of GBV are less likely to report abuse or seek assistance from either formal or informal establishments compared to their female counterparts, according to the East African Journal of Education and Social Sciences.

Objectives of the activity

- To provide in-school training on mental health and gender-based violence (GBV)
- To offer leadership development programs
- To extend moral support to students affected by mental health issues and GBV.
- To reduce stigma fostering a positive and safe school environment through advocacy.



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ACTIVITY HIGHLIGHTS

Methodology used.

A concise meeting between the SYDF members and school's head provided insight into the total number of students and staff, current challenges, and existing initiatives pertaining to mental health awareness and GBV. At 10:35 AM, a dialogue session commenced, aimed at educating students and teachers about mental health and GBV to boost academic performance at Kifai Modern Secondary School, diminish school dropout rates, enhance self-esteem, identify risk factors, causes, and preventive measures for mental health illnesses in conjunction with GBV.

Charles Mallewo, an SYDF psychologist, engaged in an intensive interactive session with students discussing their experiences related to mental health highlighting the key common mental health issues arising at their age group and in relation to their environment around school and their communities, aiming to facilitate behavioural change among students, provided ways to identify and cope with outcomes of GBV, lastly gave an insight into youth user friendly services when seeking help through the use of the available resources.

The SYDF Executive Director - Dr Gloria Mheta addressed the gathering by emphasizing solutions, actionable steps, and preventive measures for students grappling with mental health illnesses or GBV issues as well as those at an elevated risk.

The headmaster concluded the event with words of gratitude and a closing speech. In total, 150 students participated in the inaugural program, including 57 boys and 93 girls, along with 17 teachers.



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The pictures above were taken during the program interaction session.

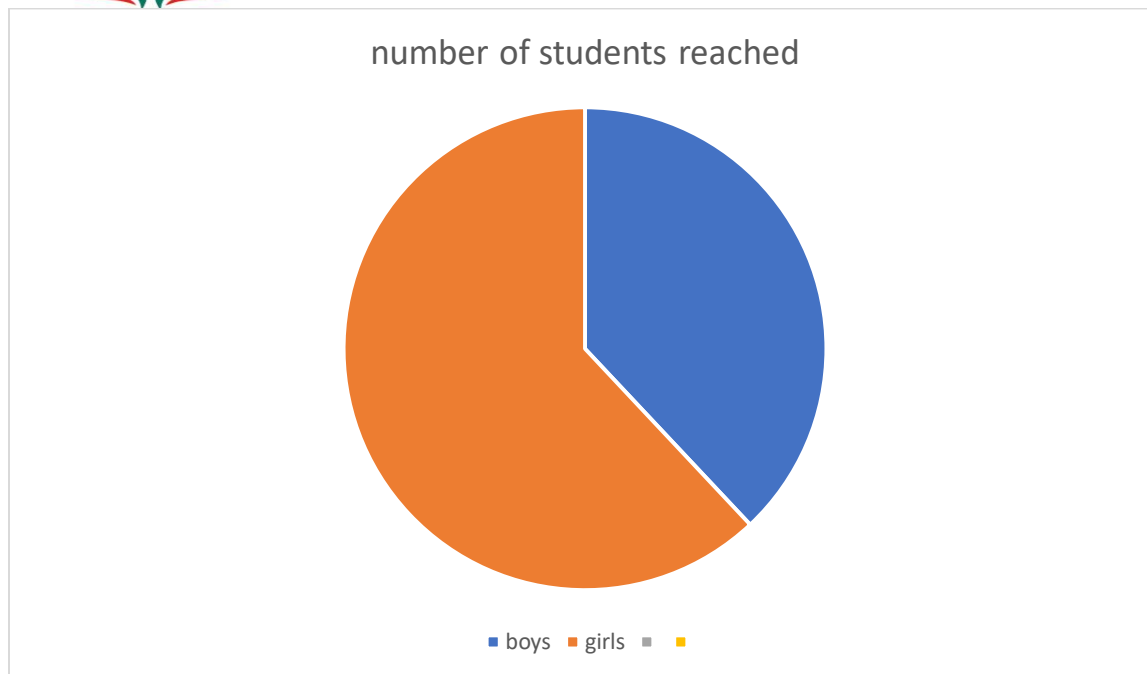
Major Accomplishments

SYDF, in collaboration with the school administration, successfully established a social club at Kifai Secondary School called **Breaking Silence Social Club**. The leadership team consists of the school counsellor, Madam Loveness school matron, and a student leader. Their responsibilities include enrolling members, enhancing engagement, and fulfilling the club's objectives.

The social club will collaborate closely with our organization through partnerships to facilitate psychological reviews when necessary and supply required resources.



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From the graph: it depicts girls are way more motivated and eager to learn and gain new experience pertaining GBV and mental health, plus aligns with the achievement made by the initiatives kept by UN under sustainable development goals (SGGs) 5 which aims on gender equality and empowering women and girls.

CHALLENGES/LESSON LEARNT/OPPORTUNITIES FOR IMPROVEMENT

- It was observed that various challenges like stress and anxiety were prevalent among students who were typically hesitant to discuss mental health with teachers or peers. They also indicated a lack of counsellors as well as insufficient knowledge regarding mental health and GBV.



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ACTION POINT/WAY FORWARD/RECOMMENDATIONS:

Follow up issue	Action to be taken	Responsible Person	Timeline
Enrolment of student To the club	Mobilization and sensitization to be done	Loveness (school ma Tron and selected Student leader	ongoing
In school training	Quarterly planned Sessions boost youth engagement	Sydf team and Loveness (school tron	ongoing
Help desk	Initiation of couns Elling desk	Sydf psychologist Kifai administration	End of quarter 4
Community education	Equipping parents And care givers With evidence bas Ed skill and tools	Sydf team	ongoing

CONCLUSION:

The urgency of addressing mental health and GBV issues cannot be overstated, as they impact young individuals worldwide, resulting in detrimental consequences for their mental well-being. Research indicates a heightened vulnerability among youths to these concerns due to various social, economic, and cultural factors. Targeted programs designed specifically to cater to the needs of this demographic are essential in providing comprehensive support while also offering educational resources that empower youths in coping with the effects of GBV on their mental health.



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The SYDF team together with the school management.



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