





3 success Stories

Our Partners

Communications and Publicity in 2022

O<sub>3</sub> 2022 SYO at A Glance

2022 Projects Implemented

### MESSAGE FROM THE BOARD CHAIR

It gives me great pleasure to once again present to you SYO annual report (2022) It was a rewarding year for the organization, we've seen great successes across all of our programs and services. We've continued to make impact through our successful implementation of different interventions that continue to empower young people to amplify their voice, contribute to better community outcome and be a positive agent of change in the society.

We are glad that our journey to implement our first strategic plan for the period 2021-2025 is on tract. Throughout the pages of this report, we invite you to reflect on our different projects namely; Adolescent Youth Empowerment Health Advocacy (AYEHA), WE LEAD, One by One HIV campaign, Mobilize Empower Actualize Transform (MEAT), My Vote My Voice My Right, Men for Periods Research and Social Cohesion. Successful Implementation of these projects demonstrates our relentless efforts to achieve our strategic vision of "A healthy society where every youthful voice count"

We are grateful to Search for Common Ground, Population Connection, CSA-HIVOS, The ACCESS Challenge, Solidarity Centre, Impact Research and Development Organization (IRDO) and Voice for these projects. Moving forward we will continue to design and align our interventions to our well thought strategic plan.

A grateful "Thank You" is to all our employees and management team, for once again proving their dedication and support. It was through their immense commitment and hard work that the organization recorded tremendous achievements as outlined in this report.

We would like to thank all the organizations, development partners, state actors both national and counties, different stakeholders including youth serving organizations and well-wishers for their valuable support and cooperation extended to SYO for carrying out its activities smoothly.

I also express my sincere thanks to the members of the Board for their valuable support and expertise, and all the volunteers and members of SYO for their diligence and hard work in contributing to the mission and vision of SYO. We will continue to seek partnerships with other development partners and stakeholders so that we can continue to deliver on our mission and objectives as envisioned in the Strategic Plan.

Thank you all for supporting SYO.

Ezekiel Kodonde
Chair of B.O.D

### MESSAGE FROM THE EXECUTIVE DIRECTOR

I am happy to present the 2022 Annual Report, reporting on core activities those were undertaken over the year, proving our impact and believing even better into the near future. SYO continued to thrive in 2022, We delivered innovative program results for our beneficiaries, partners and our stakeholders.

Firstly, I'd like to thank all levels of government of Kenya for their phenomenal support and our development partners this past year of 2022.

We managed to achieve some incredible things that you can read about in this report. We successfully implemented 7 projects reaching a total of 7,027 people, (3,311M, 3,716F). We successfully hosted 4th Girl Summit that was held in Kwale County and graced by Her Excellency Kwale Governor Fatuma Achani, hosted Ministry of Netherlands/Dutch Foreign Affairs Ambassador in one of our activities (MEAT). It was our first time implementing our strategic plan which came with a number of lessons that we are hopeful will be carried forward/implemented in other years of its implementation. We managed to develop and review SYO Human resource manual together with the Board of directors and it got Approved for implementation – the list goes on. I encourage you to take some time to read our success stories and our work across the three counties (Kwale, Kilifi and Mombasa) of our community engagement, as they are a great reminder of why Stretchers Youth Organization exists.

I am also grateful to our Board of Directors. We have a world-class Board; throughout this year their independent support and expert perspectives have been a huge benefit to our organization.

To SYO staffs, I feel privileged to have you on my team. Words cannot express how I feel. Truly inspirational! Great job guys! You deserve the best.

Looking forward to the year ahead, I know that we will continue to work through every challenge that comes our way.

So, help us God.

Dickson Obonyo

Executive Director



Stretchers Youth Organization is a membership, Youth-led community-based organization that was founded in 2011 to enhance and promote a healthy, equal, just and inclusive environment for youths through capacity building, advocacy and information sharing for sustainable development. The organization works in the coastal counties of Kenya with a partial presence in Nairobi, Kisumu, and Siaya counties. We are guided by our vision which stated that "A healthy society where

every youthful voice counts"

"A healthy society where every youthful voice counts".

### **FOCUS**

We focus on the needs and potential of the largest young generation in history. We are committed to creating demand for and access to sexual reproductive health information, promoting human rights & gender mainstreaming, democracy and good governance through services and linkages to youths and women.

### HOW?

**VISION** 

We achieve this by engaging in advocacy, capacity development, linkages health and human rights services, social media campaigns, peer to peer led activities, which makes sure the youths and women of today are empowered to lead healthy and self-determined lives.

# SUSTAINABLE DEVELOPMENT GALS

All our programs are geared towards contributing to 6 sustainable development goals (SDGs).













## **OUR TEAM**



**Dickson O. Obonyo** Executive Director





**Sumiya Ali** Project Associate

**Rebecca Achieng**Adolescent Liaison Officer





**Edward Sakwa**Public Relations

James Atito Omolo Finance and Administration Manager





**Zipporah Njoki**Office Adminstrator

**Diana Mboi**Assistant Office
Administrator





Mary Wasike
Monitoring and Evaluation
Intern

Julia Kitheka Human Resource Intern





# STRATEGIES Our Strategies



Meaningful Youth Inclusion and Engagement among youth and women in decision making platforms



Policy & Budget advocacy on progressive policies and laws affecting the youths and women in Kenya and beyond



Delivery of innovative programmes to increase access to the most vulnerable and marginalized communities



Strategic Partnership,
Collaboration and Networking
with strategic partners,
the Kenya national and
county governments







**Health & Well-Being** 

### **Our Programmes**

The Organization works under three thematic areas with its direct beneficiaries These include;



### **Health & Well-Being**

Health & Well-Being: whose strategic objective is to contribute to improved health outcome and well-being among youth in Kenya. This thematic area focuses on ensuring healthy lives and promoting well-being for youths and women in Kenya is achieved. We create demand to health and well-being services for youths and women and ensure uptake of such services is increased.

We achieve this through employing strategies such as; Strategic Partnership, Collaboration and Networking, Policy advocacy on health issues affecting Youth and Women, Lobbying and Advocating for increased resources on health, Advocate for Behavioral Change and Use of mainstream and social media advocacy to create awareness among others.

We had three projects that were implemented in 2022 (Adolescent Youth Empowerment Health Advocacy, WE LEAD and One by One HIV campaign)







### **Democracy and Good Governance**

Democracy and Good Governance: whose strategic objective is to build a good culture of democracy and good governance in Kenya. This thematic area focuses on strengthening citizens' demand for transparency and accountability in the management of public resources, promoting citizen's participation in democratic processes and promoting citizen participation in advancing national integration.

We achieve this through employing strategies such as; Empowering youth and women on their civic rights and governance, Advocating for youth and women in meaningful engagement on governance and development process, Use of mainstream and social media advocacy to create awareness, Strategic partnership, collaboration and networking and Advocating for progressing laws and policies affecting youths and women on civic and governance participation among others.

We had four projects implemented under this thematic area in 2022 (Mobilize Empower Actualize Transform, My Vote My Voice My Right)







Human Rights & Gender Mainstreaming



### **Human Rights & Gender Mainstreaming**

Human Rights & Gender Mainstreaming: whose strategic objective is to improve access to justice and promote gender equality among youth in Kenya. This thematic area also seeks to promote social justice and realization of potential for youth and women among our communities.

We achieve this thematic area through employing strategies such as; Strategic partnership and collaboration with constitutional commissions & agencies, Community mobilization on gender empowerment, Use of mainstream and social media advocacy to create awareness, Capacity building and creating awareness on gender empowerment and Gender Main-streaming among others.

We had three projects implemented under this thematic area in 2022 (Social Cohesion)





### 2022 SYO at A Glance

Projects successfully implemented

QQ<sup>7</sup> 7,027

A TOTAL of 7,027 people, 3,311 M, 3,716 F reached

3,943

3,943 people reached under Health & Well-being thematic area 1,515M, 2,428F

Ac dispose

**161** 

Adolescent were provided with either reusable or disposable menstrual product.

3,084

3,084 people reached under Democracy, Good governance & Human rights and gender mainstreaming thematic area 1,750M, 1,334F



Stretchers Youth Organization got nominated for *Outstanding Community Service* category in the Mombasa Business Awards 2022



S.Y.O got admitted into Kwale
County Adolescent & Young People
Sexual Reproductive Health &
Rights Technical Working Group
as youth technical experts



Posted 310 facebook posts reaching 25,546 people



Posted 252 Instagram posts, reaching 1,157 people



Had a total of 176,836 website visitors



Tweeted 573 tweets, impressing 138.1k people, having 51.5k profile visits, achieving 1,418 mentions and garnering757 new followers.



Our work highlighted in 5 National Mainstream TV and 3 National Radio stations



Hosted Ministry of Netherlands /Dutch Foreign Affairs Ambassador in one of our activities (MEAT)





# THEMATIC AREA 1: HEALTH & WELL-BEING



The following project contributed to strategic objective 1 of our strategic plan 2021-2025; to contribute to improved health outcome and well-being among youth in Kenya.

### **Project 1.0 AYEHA**

This is an ongoing project that sought to follow-up concerns and issues arising from the Community Talking Boxes to address the information gap for adolescents and young people and youth peer mentors/providers on provision of comprehensive sexuality education.

This was traditionally a way of engaging adolescents and young people on matters of their sexuality. The model borrowed heavily from how the African parents used to engage their children on sexuality topics. It mixed the African approach to educating children on comprehensive sexuality education where the topics discussed have been derived from the needs of adolescents and young people themselves.

### **Strategic Goal:**

To contribute to improved health and well-being of adolescent and young people in Mombasa County

### **PROJECT OBJECTIVES**

- I. To improve equitable access to quality adolescents and young people-friendly sexual and reproductive health and rights (SRHR)/HIV information and services
- ii. To strengthen the meaningful engagement of communities in adolescents and young people programs and policy processes
- iii. To strengthen multi-sectorial coordination on SRHR/HIV health outcomes among adolescents and young people in Mombasa county by 2023



This is an ongoing project being implemented for 12 months (April 2022 – March 2023) that is funded by Population Connection. We first engaged with the Ministry of Education, School Health Coordinators, Teachers Service Commission, head teachers and principals of all the 11 schools where we had installed the Community Talking Box in multi-sectorial engagement meetings to allow for ownership of the project. We then trained guiding and counseling teachers on the usage of community talking box and how to address the challenges coming from the box. The trained guiding and counseling teachers with youth mentors held mentor ship sessions with adolescents in schools.

### **Results:**

The project reached a total of 3,000 adolescents and young people throughout its implementation period. The beneficiaries were reached through mentorship sessions, targeted community outreaches, community dialogue, international days, policy makers meeting and The Girl summit event. 75 mentorship sessions were held; 9 in Changamwe Secondary School, 6 in Umoja Primary School, 6 in Jomvu Girls Secondary School, 9 in Maweni Secondary School, 9 in Ganjoni Primary School, 7 in Makande Primary School, 8 in Mtongwe Primary School, 5 in Khadija Secondary School, 8 in Pentros Primary School, 8 in Kashani Secondary School. A number of issues were raised in the community talking boxes and most issues raised revolved around school administration wise.

As a result, these activities improved health outcomes and well-being of the adolescents in schools that the project was being implemented. We saw improved opening up of students/pupils with mental health issues affecting them through the community talking box and mentorship sessions conducted.





### **Project 2.0 WE LEAD**

We Lead's goal is to: by the end of 2025, resilient young women with disabilities, living with HIV, affected by displacement or identifying as LBTI, play a leading role in strengthened and inclusive organizations and movements that enjoy increased public support and have convinced duty-bearers and health-service providers to take steps towards implementing laws, policies and practices that respect and protect these young women's SRH-R".

Stretchers Youth Organization is working towards building public support through holding community awareness, sensitization and use of information and communication approaches that aims to see to it that the targeted rights holders get positive recognition and support from the general public. SYO is working towards building and strengthening the rights holders' individual and organizations capacities through the consistent application of the principles of non-discrimination, active participation and inclusion. By doing this, our right holders are empowered and have more control over decisions and resources that determine the quality of SRH-R services including structural inequalities hindering them from being heard.

This is an ongoing 5 year project (2021-2025) being implemented by a consortium of 11 organizations in Kenya where Stretchers Youth Organization implements it in Mombasa County with young women living with HIV/AIDS as their Right Holders. The project is being funded by HIVOS with Centre for Study of Adolescence being the Host Kenyan organization.



### **Results:**

We first trained 30 right holders on policy and budget advocacy to enable them have skills and knowledge in advocating for progressive SRHR policies and budgets that reflects on the needs of young women living with HIV/AIDS. The 30 right holders in turn held strategic meetings with key policy makers at County and National level of governments to review policies and budgets, participated in public participation forums among many others.

As a result, these activities improved confidence of our right holders to have meetings with key policy and decision makers on the need to invest in young women living with HIV/AIDS. Through this project we managed to develop Monitoring & Evaluation manual.





### MEN FOR PERIODS RESEARCH

Funded by Impact Research Development Organization, Men for Periods Study is an ongoing study with the following focus:

### **Primary objective:**

 To establish the prevalence of sex-for-pads and evaluate if engagement of men in promoting menstrual hygiene reduces the practice among adolescents and young women in Mathare and Mwamlai villages in Changamwe and Jomvu respectively, Mombasa

### **Secondary Objectives:**

- To assess if stigma around menstruation reduces when men are engaged in passing information about menstrual hygiene to AGYW
- 3. To increase family discourse on menstrual health issue among adolescent girls and young women and their male family members

### Activities for objectives 1-3 are:

- i. Identify and train male and female advocates on menstrual hygiene and equip them with information and skills to pass the information to AGYW.
- ii. Conduct a household survey to identify households to deliver the information to and consent the head of the household and all AGYW in the homes
- iii. Collect information from AGYW on the prevalence of sex for pads and other factors such as socio-demographics, availability of pads, stigma around menstrual health, and discussion around menstrual health by family members. Another short questionnaire will be administered with anyone present in the household who is 18 years and above, with questions assessing whether family members especially men openly discuss menstrual hygiene.
- iv. Schedule monthly sessions for information sharing and deliver the information
- v. Map organizations providing reusable pads and refer those who do not have access to pads.
- vi. Conduct end line survey to assess the same factors collected at baseline.



4. To collect information on intervention delivery approaches to inform future scale up

### **Activities are:**

- Conduct interview with male and female advocates about implementation factors such as what was easy to deliver, what was difficult, what should have been done differently, barriers and facilitators, etc
- ii. Document acceptability (how many male advocates, female advocates, household members and AGYW were approached and how many accepted).

### **RESULTS**

- i. 3 study staffs were trained on main components of Community engagement, mobilization, recruitment and retention.
- ii. We shared our protocol and study documents with County director-Ministry of Education, county governor, County commissioner and Chief Officer public health-Mombasa County. We received approval from Chief officer public health and authorization letters from county commissioner in order to start recruiting study participants.
- iii. We had good will and warm reception by community gate keepers in Changamwe and Jomvu





- iv. Roll up banner and advocacy gazebo were developed.
- v. 10 champions and 1 Research Assistant were trained on menstrual health management.
- vi. 192 households were reached, 354 adolescent and young women screened and 295 adolescent and young women were enrolled, filling baseline survey questionnaire.
- vii. 43 households were visited by female advocates/champions while 43 other households were visited by male advocates/champions. At least 2 household sessions were conducted in each house
- viii. 161 adolescent were provided with either reusable or disposable menstrual product.
- ix. 209 adolescents managed to fill end line survey questionnaire.
- x. MH Museum has been used in 4 national events for advocacy i.e ,The Girl Summit in Kwale, Kenyatta University Model UN event in Nairobi, RHAY conference in Kisumu and PARTICIPATE international conference Mombasa



### Project 4.0 One by One HIV Campaign

This is an advocacy approach project that was used to create public awareness on mechanisms against HIV related violations and gender discrimination through digital platforms targeting the adolescents and young people, parents and caregivers, healthcare providers and the key policy makers. The project developed a gallery photos and short videos with information that promote adolescents and young people living with HIV to access Sexual reproductive health services and information regardless of their health status. The gallery and the short videos also contained advocacy messaging that promotes implementation of laws, policies, legal framework and commitments that support access to services and information to the adolescents and young people living with HIV.

### Objective

- I. To create public awareness on the effects of stigma and discrimination among the adolescents and young people living with HIV through social media campaigns.
- ii. To empower adolescents and young people living with HIV on development of advocacy messaging against stigma and discrimination through digital platform
- iii. To advocate for quality implementation of laws, policies, legal framework and commitments that support access to services and information to the adolescents and young people living with HIV



### **Results:**

We first held a virtual training for 20 champions who would help creating knowledge to the general public on the effects of stigma and discrimination among the adolescents and young people living with HIV through social media campaigns and how to conduct advocacy through social media platforms such as Facebook, Twitter, Instagram, WhatsApp among others.

The following projects contributed to strategic objective 2 of our strategic plan 2021-2025; to build a good culture of democracy and good governance in Kenya.

# EVERY ONE HAS A STATUS TO COUNTY YOURS #HIVYouthChampions













#### **Project 5.0: Mobilize Empower Actualize Transform (MEAT)**

This is a 24 month project (July 2021 – July 2023) and is supported by Voice under the influence grant. The goal of the project is to promote increased peaceful inclusion of youth in political processes in the forthcoming general election so as to ensure that they have greater participation in decision making roles which have a large impact in their lives.

#### **Project goal**

**Strategic Goal:** To promote increased peaceful inclusion of youth in political processes in the forthcoming general election so as to ensure that they have greater participation in decision making roles which have a large impact in their lives

#### **Project objectives**

- To promote meaningful youth engagement on democratic, political and electoral participation processes in coastal region of Kenya.
- ii. To increase knowledge about democratic, political and electoral processes among youths and women across the coastal region of Kenya.
- iii. To raise awareness on civic education among the youth in three counties of the Coast by enhancing their full participation in democratic, political and electoral processes.



#### **Results:**

Within the 18 months of project implementation in Mombasa, Kwale and Kilifi Counties, Our 60 trained civic educators in Mombasa, Kwale & Kilifi Counties contributed to sustained peace during the August 2022 general elections in the Coastal region (Kwale, Kilifi and Mombasa) and Kenya at large.

The 60 trained civic educators in Mombasa, Kwale & Kilifi Counties led civic awareness at grassroots level before, during and after August 2022 general elections hence changing the mind set of communities towards registering as voters and participating in electoral process at grassroots level.





#### **Project 6.0:**

#### My Vote My Voice My Right (MVMVMR)

With civic space becoming increasingly under threat from state actors, and as the country debates the need for a constitutional amendment that includes a push to secure a feasible pathway to gender parity in representation, resource distribution and fair representation coupled with an general election in held August 2022, engagement of civil society organizations, trade unions, media, women, youth and community-based organizations was vital in shaping and influencing community dialogues and decisions for greater public good.

A 10 months (Mar – Dec 2022) project funded by Solidarity Centre that was implemented in the 6 sub-counties Mombasa County.

#### **Project Objectives**

I. To bolster civic participation of trade unions, civil society, women, youth and media organizations in Kenya's 2022 general elections.

#### **Results:**

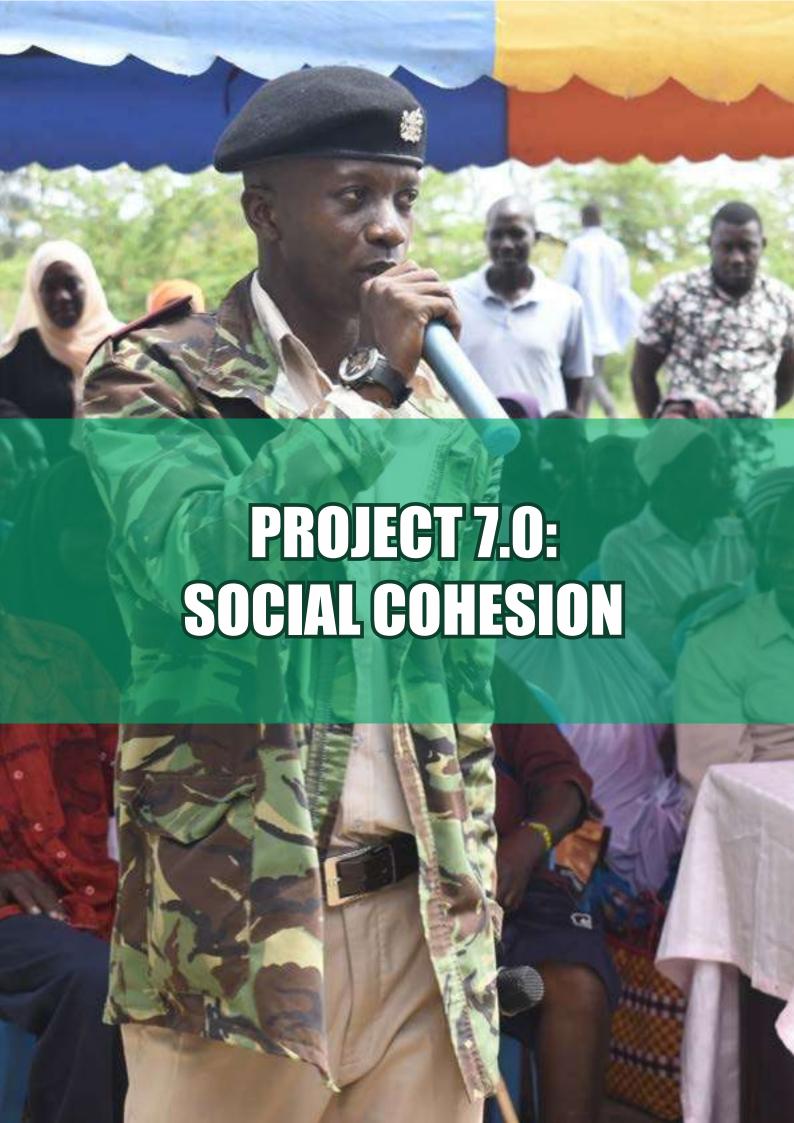
We conducted 60 civic education awareness engagements, 6 community theatre for civic awareness, 6 open mic youth forums, 20 social media engagements, 1 county hall meeting and participated in the monitoring & observation of the August 2022 general elections across the 6 sub-counties of Mombasa (Changamwe, Jomvu, Mvita, Kisauni, Nyali and Likoni).

As a result, our civic education awareness engagements contributed to sustained peace during the August 2022 general elections in Mombasa County.





THEMATIC AREA 3:
HUMAN RIGHTS & GENDER MAINSTREAMING



The following projects contributed strategic objective 3 of our strategic plan 2021-2025; to improve access to justice and promote gender equality among youth in Kenya.

### Project 7.0 Social Cohesion

Conflict is ubiquitous in all societies. It is a phenomenon that is inevitable in all human society due to differences in interests, goals, values and aims among people. Amongst most African communities, there are frameworks that are in place for the resolution of conflicts and for preventing their escalation into violence, thus threatening the social fabric.

It is on this background that as an organization working closely with the national government ministry of interior, and other stakeholders, therefore sought to conduct a number of communities barazas in Mombasa County towards promoting cohesion and peaceful coexistence around the outcome of the general elections by de-escalating tensions and strengthening community resilience to online and offline violence drivers.

This was a 4 months (Sept-Dec 2022) project funded by Search for Common Ground to support implementation of activities towards addressing elections related conflicts and tensions.

#### **Project Objective.**

I. To de-escalate tensions and strengthening community resilience to online and offline violence drivers.

#### **Results:**

As a result of the 6 activities held in the six sub-counties of Mombasa reaching over 1,000 people contributed to calmness and acceptance from the community members of the 2022 general elections held in August.



# Mombasa Business Wards 2022

Stretchers Youth Organization has been nominated in the category of:

# OUTSTANDING COMMUNITY SERVICE AWARD

TO VOTE, PLEASE LOG ON TO: www.mombasabusinessawards.com/vote/

Stretchers Youth Organization
A Healthy Society Where Every Youthful Voice Counts



- We successfully implemented 7 impactful projects (funding from Search for Common Ground, Population Connection, CSA-HIVOS, The ACCESS Challenge, Solidarity Centre, Impact Research and Development Organization (IRDO) and Voice to support our projects) in Mombasa, Kwale and Kilifi Counties Kenya in the year 2022 targeting youth and women in Kenya.
- We hosted Ministry of Netherlands/Dutch Foreign Affairs Ambassador in one of our activities (MEAT) and later on visited our offices. This increased our visibility as an organization.
- Successfully conducted the 4th Girl Summit in Kwale County graced by Her Excellency Kwale Governor Fatuma Achani
- We successfully developed 10 program management tools include; lessons learnt, project charter, communication management plan, stakeholder plan, success story, outcome harvesting, and risk management plan among others.
- We developed over 20 proposals in the year 2022, 10 out of the 20 proposals went through which represents a 50% success rate.
- We developed and approved by Stretchers Youth Organization Board of Management Monitoring & Evaluation manual for the organization that improves





- Our project implementation rates stood as follows by 31st December 2022;

  SOCIAL COHESION STANDS AT 100%, WE LEAD STANDS AT 100%, MVMVMR

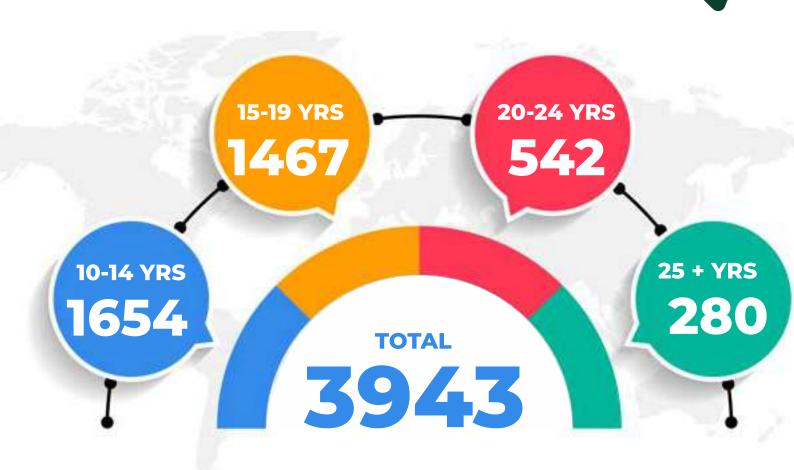
  STANDS AT 100%, AYEHA STANDS AT 75%, MEAT STANDS AT 72%
- Our 2022 Annual work-plan implementation success rate stood at 117% as at 31st December 2022. A good indicator that we are on course with our Strategic Plan 2021-2025 tracking and its implementation.
- We continued implementing our Strategic Plan 2021-2025
- Stretchers Youth Organization got nominated for Outstanding Community Service category in the Mombasa Business Awards 2022
- Our work highlighted in 5 National Mainstream TV and 3 National Radio stations
- ➤ Hosted 4 twitter chats and 2 twitter spaces highlighting our good work
- Conducted 25 facebook live sessions highlighting our good work
- Documented 12 documentary videos highlighting our good work

#### Our advocacy efforts contributed to;

- Our advocacy efforts contributed to Kwale County Department of Health establishment of their first ever Adolescent & Young People Sexual Reproductive Health & Rights Technical Working Group
- Our advocacy efforts contributed to the organization being Included in Kwale County
   Adolescent & Young People Sexual Reproductive Health & Rights Technical Working
   Group as youth technical experts



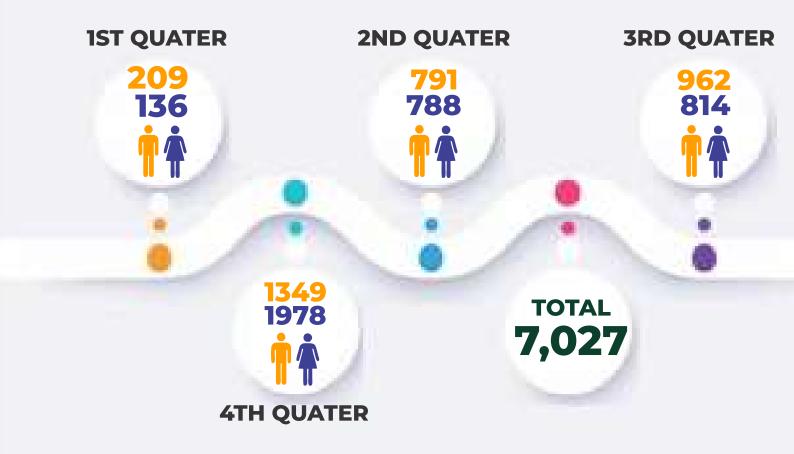
#### **HEALTH & WELL-BEING SEGREGATION**



# DEMOCRACY, GOOD GOVERNANCE & HUMAN RIGHTS AGE SEGREGATION



# NUMBER OF PEOPLE REACHED IN 2022 PER QUATER







Success Stories



11

My name is Wafula Jacob, a youth from Kilifi affiliated with a grassroot organization called Angaza Youth Initiative. I wish to appreciate Stretchers Youth Organization and MEAT project where we got to take part in activities that aimed to ensure that the youth are in a position to become empowered with

the right information when it came to
the development, democratic and
governance processes towards them
making informed decisions on matters
that affect them through the actualization
of them making the efforts to peacefully
participate in those processes to create a
transformed society where they will feel related
to and not left out. Basic information such as

qualities of a good leader led the discussions in various forum activities that the organization engaged in to ensure that this time round during the general elections the young and old had information to enable them participate effectively in the political space. Such discussions enabled both civic educator champions and community youth members to understand what was to be expected of them if they ended up showing and pursuing the interest of vying for elective positions, the understanding of what we as voter would expect in manifestos from elected leaders became an outcome of the different activities that MEAT project partook in Kilifi.

Through youth forum activities we got to see a number of 15 youth that showed interest in becoming political candidates for various elective positions in Kilifi, the candidates also got an opportunity to take part in youth aspirant sensitization meetings that they got to learn more on leadership roles and skills that was expected of them towards having the right qualities that the community would wish to associate with. Today we celebrate an elected MCA of Sokoni Ward in Kilifi North subcounty whose interest to join active politics was pushed due to the different engagements of MEAT project that he took part in and the willingness to be mentored by me as a civic educator champion.

Even past elections, the civic educator champions ensured that they engaged with political parties on influencing that MCA nomination positions for Kilifi were taken up by youth. Today I am happy to state that 5 youth were nominated to be part of the MCA parliament in Kilifi by the dominant party in the area during the 2022 general elections, this created the face of young people in Kilifi, we now have faith that positive change benefitting the youth and community in general will start bearing fruits from now hence forth. For Malindi, there was a youth elected member of the National Assembly who also happens to be a young woman, this will surely ensure that the youth are now provided the spaces they need to articulate matters youth for the youth.



Through the dynamics of the coastal region, it has been seen that change is happening and we can always have the opportunity to better our culture and beliefs with the aim of promoting equality and equity for our people and that is why we are seeing young people holding elective positions as well as females where in the past such things were regarded as taboo, for sure MEAT project has propelled change in Kilifi and this was the right time for SYO to come to Kilifi to show that dreams are in our reach as youth.

We seek to see civic education being a continuous process, VOICE to continue giving grassroots organizations the resources for such projects to be implemented not just during election seasons. This will also help in motivation of youth to get the necessary skills to even hold higher positions in the elective positions of the Kenyan governance and if we continue with this spirit, having a youth governor in Kilifi is very much achievable, seeing policies that had been drugging through past regimes being push for implementation will make sure that youth are actually benefiting from the leadership present.





"

My name is Feisal Okech Abdallah aka Mc Mlachake from Mombasa County, Likoni sub-county Mtongwe Ward from a village called Zamaria. I head a network called Likoni Disability Network and also known as the president of persons with disability in Mombasa. Me being a leader for people with disabilities in Mombasa and I felt privileged to be associated with MEAT project that showed promotion of inclusivity.

MEAT project came at time that the elections were nearing and it had promises to be a key platform to promote peaceful participation in the political

processes. Likoni was viewed as a hotspot area for elections conflict and violence eruption due to the uncertainty on how voters conduct themselves during elections.

MEAT project trained us as civic educator facilitators to ensure that we partook in mobilizing young people to take interest in their democratic and political rights, this was aimed to ensure that the youth not excluding PWDs were empowered to understand their roles in actualizing their rights and at the same time maintaining peaceful coexistence, the mantra that MEAT project under SYO brought was that my neighbor will continue being my neighbor pre, during and post-elections and therefore there was no reason to bring any harm to them because politics come and go.

2022 elections in Mombasa saw persons with disability participating fully in the election processes so as they fulfilled their mandate of voting for the leader they want and understanding that wrong leaders are voted for by good voters who don't vote during elections. The leaders elected are mandated to fulfill their roles and that means that PWD persons get the right platform to hold their leaders accountable when they take part in the voting processes with fulfillment of the constitution article 38 that gives the right for Kenyans to make political choices for their own and community benefit, and this includes PWDs because they have a crucial duty in implementation of the democratic rights of Kenya to ensure that voices of PWDs are heard at all levels of governments.

MEAT project activities ensured that we could provide sensitization on matters of voter's rights and responsibilities, elective position roles as well as importance of taking part in county development processes. Engagement of voters and more so PWD voters should be a continuous thing and not done during election seasons only, this will ensure that an informed citizen will surely make informed decisions.



We as the community of PWDs welcome any support through SYO to provide more engagements for PWDs to get sensitized and knowledgeable about their political, governance and democratic rights for inclusivity peaceful participation in all levels for their voices to be heard and example being that SYO can spearhead and support the process of Mombasa county to drive the actualization and implementation of Mombasa County PWD policy, allocation of PWD resources in the CIDP as well as a stand-alone department for PWDs through the new county government leadership.





My name is Mohamed Kombo, I come from Kwale County, Matuga Sub-County, Waa Ward and a serene village called Kombani that is stated to be the entrance of Kwale region. I vividly remember that on 21/10/2021 I got a confirmation from Stretchers Youth Organization that I would be part of a journey that today I will firmly say that has changed me as a person and my community in how to participate effectively in the governance and democratic processes of our county and country generally.

MEAT engagements gave me the opportunity to become a community facilitator on matters of civic sensitization which I still do and this gave me a head start when it came to specific topics such as voter education, peace and conflict resolution pre. During and post-elections.

MEAT project engagements and activities brought forth changes that ranged from my community for the very first time voted for a youth MCA in the 2022 general elections, deferment of societal stereotypes and voting for a woman as a Governor, this was indeed a very big impact brought about by the MEAT project, youths for the very first time participated in a peaceful general elections unlike before, most youths in my community became aspirants and vied for various political posts during the 2022 general elections unlike before, it is through the MEAT project that I personally got to understand the development processes and I now make sure that I attend public participation effectively as well as I have gotten the basics in understanding of government structures, along with related process of legislation and policy making processes that will benefit my community.

Previously before the MEAT project, it was very difficult to engage the community on matters of civic education but after MEAT civic education champions started doing community forums, the community indeed begun to be receptive on the goals and objectives of the MEAT project to an extent of participating in a peaceful general election process leading to positive attitude towards voting leading to high numbers of voter turnout in Matuga compared to previous elections, and the community did not just take part in voting processes but they made wise decisions when it came to voting for the person they felt was promising the most relatable and achievable manifestos. This particular change is the most important to me because, community members voted wisely, and chose youth and women leaders unlike before where they preferred old men as leaders.

MEAT project engagements such as youth and aspirant forums, intergenerational dialogues and public participation activities made sure that the community sensitization on matters of democracy and governance was achieved. The project ensured that they worked closely with the local chiefs to promote and support the community in achieving peaceful youth inclusion in political, democratic and governance processes from the grassroots with utmost respect of the Kwale Culture and People.

MEAT project has projected a future that has youth who have the right knowledge on civic space their sovereign power as stipulated in our Kenyan constitution.



Name: Jacqueline Waweru

County: Kilifi

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**MEAT BENEFICIARY** 

My name is Jacqueline Waweru from Kilifi County a youth leader working with a youth led organization named Leadership for Impact as the executive director. The MEAT Project engaged youth leaders from Kilifi through a training of trainers on civic education to enable young champions became key role models to ensure that full participation in promotion of peaceful youth inclusion in political, democratic and governance process was achieved. When the MEAT project was launched in Kilifi through approaches of mobilization of different Kilifi youth leaders that take part in pursuing impact meant to benefit the youth. MEAT project gave us the champions opportunity to take interest in joining different political spheres that saw young people getting opportunity to make their voices heard being that

the election season had well set in. personally I have

had a very negative thought when it comes to election periods because of the traumas that had affected me in the past years during election time. The fear that I have had in engaging in politics directly and indirectly was well managed by MEAT project, 'I am very proud to say that MEAT project supported by VOICE made me active in the political field'. These whole engagements showed me that I needed to bring out the trust that many youths were losing in their political, democratic and governance rights.

MEAT project provided the youth of Kilifi with an opportunity to also engage with diverse youth leaders from different counties on matters of linking and learning on best practices to exercise our civic rights in the field of democracy, governance and politics. Kilifi county is vast but MEAT project implemented by Stretchers Youth Organization ensured that activities were taking place accordingly without biasness with regards to having to reach even the remote areas.

MEAT activities that took place brought a motivation of us as young leaders of Kilifi to be taking active roles in the political field, we got to understand how to join political parties where people concerned in making decisions that affect us as the youth are mostly present, it was also amazing that most of the civic education champions in Kilifi actually ended up being directly affiliated with leaders that had the good faith to support youth agendas and for other champions, they actually ended up being political aspirants for various elective position, after the elections, we saw some of the civic educators in Kilifi being nominated to hold different positions in the County Government posts and some also becoming personal aides for elected leaders, this is a success for Stretchers Youth Organization under MEAT project and a win for the youth.

For me I also felt that my fear in relation to politics was more solved when the affiliated political party that I aligned with ended up being the place where the elected president of the 2022 Kenya general elections came from. Being provided the opportunity to also create a rapport with the Office of the Registrar of Political Parties in Kenya was a good platform because we learnt all the roles and rules that govern political parties and the opportunities that youth can take advantage of to ensure that they are part of political parties to propel and promote their political rights.

Honestly MEAT project has given me the opportunity to have a different experience in the political space and that led me to be exercising by democratic right and also being a role model to generation-Z on the path of promoting youth inclusion in the political sphere where young people are ready to continue engaging in the governance and democratic processes peacefully even past elections because of the ignited passion to see positive change in their communities.

ASANTE SANA Stretchers Youth Organization for making me and fellow civic educators enjoy the process of promoting youth inclusion in the political, governance and democratic processes, VOICE, thank you for funding SYO to come to Kilifi to bring the change that has impacted us and the lives of Kilifi people.





44

My name is Rajab Salim also artistically known as Malenga 001, I hail from Mombasa County, Likoni Subcounty Timbwani ward in a village called Mzungu Mchafu. I become involved with the MEAT project through an online call for opportunity that I applied in 2021 and was successfully shortlisted by 2022

was successfully shortlisted by 2022 and from there on MEAT project engagements in Mombasa

became part of my daily routine being that I was counted in as a champion for civic space advocacy after partaking in the different trainings to strengthen my capacity in civic engagements.

Being involved in the programs that targeted the grassroot youth, I got to learn on how best to express my political and social rights with regards to understanding governance and democracy of our country and my

area. Through the engagements that I partook at the grassroots level, I got motivated to also show interest in politics by declaring that I wanted to vie for an elective position for the Member of County Assembly Timbwani Ward. This process gave me the opportunity to be in the forefront as a youth to play my part in civic education awareness on building the capacity of my fellow youth on matters of governance, policy and, county development processes and peaceful coexistence pre, during and post-election season.

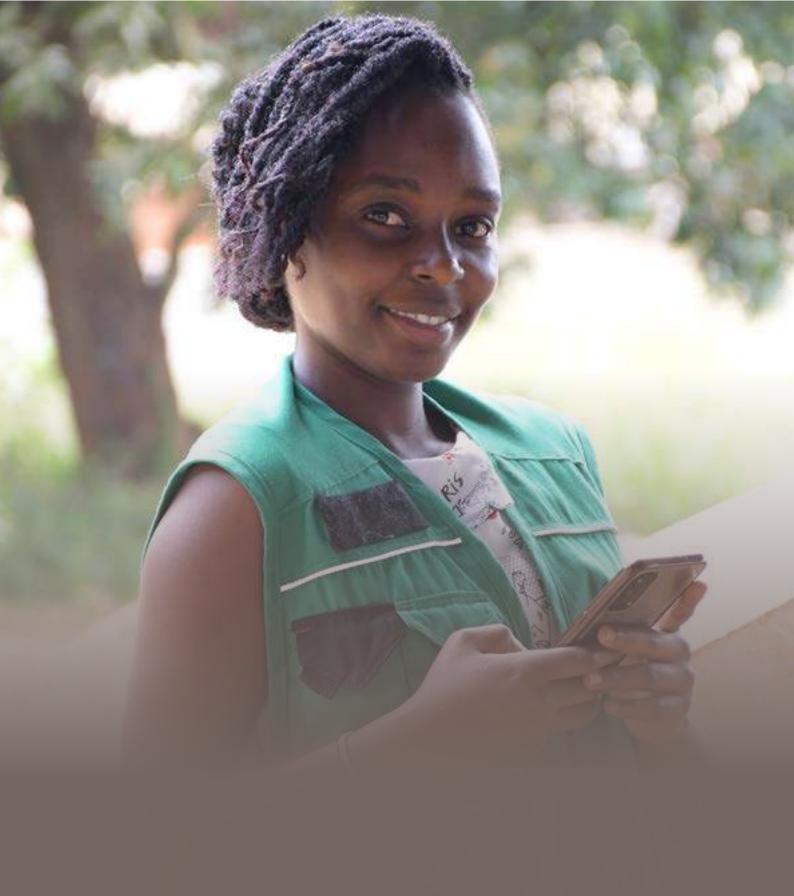
MEAT project under VOICE support was unique in how the planned activities were taking place in Mombasa compared to previous engagements, the project provided a platform for all generations to ensure that they became actively engaged in the democratic and governance process bringing out outburst changes in how personally each one understood the political processes, ways to hold political leaders accountable and the very core importance of participating in county development process at each level. A big change was seen when the project continuously engaged different political aspirants and candidates who had diverse stands in their political support and interest, this made sure that the politicians were on the forefront to ensure that they advocated for peaceful coexistence and respect especially when it came to the personal relation on one had with their preferred political party.

The changes experienced reflected the gap that was there, especially in Likoni Subcounty that previously was always trending for all the wrong reasons when it came to how we as a community acted during the election periods. Before MEAT project, youth never saw the importance of them attending public participations during county development processes, most voters only saw political aspirants/candidates a money bags walking around (how much one as a political candidate one would give as tokens, would determine if the voters would listen to you). Low voter turnout during past elections was the order of the day during elections, and the voters that came to vote were past the youth age gap. The most notable change was the high number of political aspirants that showed interest for the 2022 elections, at one-point Timbwani Ward had over 100 political aspirants for the MCA position.

MEAT project should be mentioned to contribute towards the increased numbers of youth taking part in the political processes, the enjoyed peace that was experienced in Likoni compared to past years and the fact that any candidate for the MCA position was mandated to sign a commitment towards their promise to fulfill development actions if voted for in Likoni, the voters got to express their support towards a person and their manifestos not, a political party, tribe or even their financial status/wealth which showed a step towards the right direction in our democracy.

MEAT project also created a willing trust to work with different stakeholders to promote peaceful coexistence, awareness creation on civic matters and involvement of the community elders and local administration in all activities that took place. this significant change will contribute towards a more enlightened voting cohort in Kenyan future elections, young people showing and taking interest in holding political positions and full participation in county and national development processes.





Captivating Stories from our Beneficiaries

#### Name: Hassan Yahya AYEHA BENEFICIARY

11

My name is Hassan Yahya. I am a student at Maweni Secondary School in Mombasa. I was chosen by my teacher to represent my class in the AYEHA project. I got involved in AYEHA by attending various sessions. Through the AYEHA teachings, I have identified my strengths and weaknesses as a person. One quality I need to work on is self-esteem, as I sometimes lack the courage to do certain things. At first, I was determined to attend more sessions as I learned a lot from them. Through the project, I have learned about my rights as a person, how to treat others, and how to solve my own problems. The key factor in my personal growth is my commitment to listening to my mentor and taking her teachings seriously.

### Name: Jonathan Chembei AYEHA BENEFICIARY

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My name is Jonathan Chembei Mweni. I am a Class 8 student at Pentrose Community Primary School. I was selected by my guidance and counselling teacher to be part of the AYEHA club. I feel happy whenever I see my mentor walk through the school gate, as each time she arrives, I know that good things are to come. Before I joined the AYEHA project, I used to carry a lot of stress, which I could not solve on my own. By attending various sessions of AYEHA, I have learned how to overcome my challenges and live a stress-free life. One change that AYEHA has brought is how I interact with society, as I now understand my rights as a young person. The key factor that enabled this change is the different skills my mentor taught me and what I learned from my peers. My friends, family members, and parents have also contributed to my growth. Whenever I have an issue and my mentor is not around, I talk to them and try to discuss the challenges affecting me. This has helped me solve my problems quickly.





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My name is Alvin Muleshe, and I am a student at Mtongwe Primary School. I was selected by my school family to represent them in AYEHA sessions. I struggled with how to communicate effectively with my father as he did not understand me. Since becoming involved in AYEHA, I have learned about various topics, such as my rights as a child, how to handle anger, control my stress, manage conflicts with my stepmom, and how to set and achieve my goals.

Name: Odiwuor Berryl Awino
AYEHA BENEFICIARY

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My name is Odiwuor Berryl Awino, and I am a student at Changamwe Secondary School. My school family chose me to represent them in AYEHA sessions. I have attended all the sessions since they began. At the start of AYEHA, I found it difficult to socialize with teachers. I had trouble communicating my issues to them or my peers. The way people communicated made me realize that I should treat my teachers and peers as brothers and sisters. I have learned to manage my expectations as a person, and my mentor has helped me make significant improvements. Now, whenever I have an issue, I speak out loud so that I can get help from others. I am now aware of my rights as a child, student, and citizen of Kenya. Thank you, Stretchers, for teaching me not to let anyone make me feel bad about myself.





My name is Jackline Atieno, a student at Changamwe Secondary School. At times, I used to stand up for my family at home and solve issues whenever my parents were not around. At school, I take the lead in revision whenever my teachers are not around and for this reason, I was offered a chance by my G&C teacher to be part of the AYEHA project so that I can share what I will learn with the rest of my classmates.

Before AYEHA, I was indeed stressed for some reasons. I could neither talk nor share what I was going through with anyone since everyone thought I was okay and nothing could stress me out. When AYEHA came, it impacted me greatly. At the beginning, the session was amazing and interesting. The way my mentor handled me made me accept things and keep moving no matter what. It has made me reveal some of the secrets that had been weighing me down, and I now feel free and relieved.

It is true what people say that a problem shared is half solved and this project has greatly influenced my life by bringing a positive impact to it. Through the interaction, I am now a peer educator to other students. I aspire to get a B plain by the end of my Kenya Certificate of Secondary Education (K.C.S.E) and to do so, I will have to work even harder. I would like to make a change in my life by working extra hard for this.

Through Stretchers, I have learned about different rights that I possess as a person, such as the right to education, the right to fresh food and water, the right to a safe environment, the right to proper health care, and the right to decent shelter. As a person, I am not entitled to do any kind of labor work, and owning fashionable clothes is not actually a right but a priority.

One particular change that was most important to me was gaining confidence in myself and others. It is through this project that I will start by acting as a good example in society and in school. I will help my peers without asking for anything in return. I will accept who I am and not compare myself to anyone. I will set a goal and work hard to achieve it while praying to God to fulfill it. I will be patient in life and never keep anything that might stress me out to myself. Lastly, I will stay away from boy-girl relationships until the right time comes.



## Name: **PENINAH AKEYO**WE LEAD BENEFICIARY

11

I was invited by the Stretchers Youth Organization for a two-day training on Sexual Reproductive Health and was selected to be part of the WE LEAD champions. Since becoming a champion, I have had a passion for advocating on issues of maternal and newborn care, sexual reproductive health for adolescents, and creating awareness of sexual reproductive health in my community. This is because I was also a volunteer at Portreiz Hospital and it was sad to see a lot of cases of infant mortality and maternal deaths, especially among adolescents and young women. Given the risks associated with adolescent pregnancy and their elevated risk of HIV and other STIs, as a champion, I work towards improving access to sexual reproductive health information and services for them. Together with my fellow champions, we advocate to ensure inclusiveness to all people in need of reproductive health services: women, men, adolescents, young people, LGBTQ, and FSWs.

It is crucial to raise awareness of sexual reproductive health and health-related services by informing people on the topic. I therefore used the knowledge I gained to educate adolescents and young people in my community and also at the hospital where I volunteered. The change from the WE LEAD project was important since I am now an advocate who can educate others on the importance of sexual reproductive health and HIV and the challenges at large, and also find possible solutions to these problems.

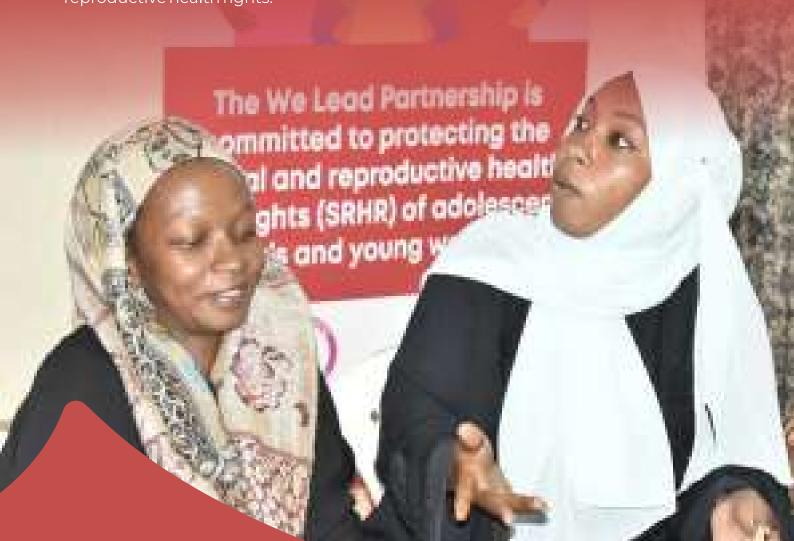
Since the WE LEAD training, I have been able to empower my peers through creating health education for the community members to enable them to understand better about SRH. The Stretchers Youth Organization has enabled me and my fellow champions to get trained about SRH, which has in turn enabled most of us to get a clear and better understanding of SRH laws and policies and how to implement them at the community level. I have been able to learn about the conventions and laws surrounding SRH and how to put them into practice. I appreciate that in 2022, I had the opportunity to participate in the WE LEAD project Training on Health Advocacy, Training on Regional and International Laws and Policies in conjunction with SRH.



#### Name: Mishi Abedi WE LEAD BENEFICIARY

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I was informed by my mentor mother about the invitation by Stretchers Youth Organization to attend a training, and since then, I have been involved as a rights holder in the WE LEAD project. Through the advocacy trainings, I have been able to educate fellow adolescents and young people on their sexual reproductive health rights. I have also been able to make informed decisions as a young woman and am looking forward to improving my interactions with my fellow young women in my community and network. Through the knowledge attained from the different WE LEAD engagements, I have been informed, along with other adolescents and young women, on the laws that govern girls and women's issues regarding their reproductive rights. The fact that I have skills in engaging decision makers is an important asset for me, and I can confidently face policy makers and advocate for issues affecting adolescents and young women living with HIV. I had the opportunity to meet the member of parliament of Jomvu and used my advocacy skills to advocate for the rights of girls and young women. The trust given to me by the Stretchers Youth Organization and my desire to support the community and share the knowledge attained from the WE LEAD training are contributing factors to the change. The knowledge and capacity building from SYO were the best input. I have learned advocacy techniques and am also aware of the existing national and international laws on sexual reproductive health rights. I have received advocacy training and training on laws and policies guiding sexual reproductive health rights.



# Name: Mwainzi .M. Benjamin Guidance and Counselling Teacher

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My name is Mwainzi M. Benjamin, and I am a G&C teacher at Pentrose Community Primary School. My school was among the few selected by Stretchers Youth Organization to participate in their AYEHA project, which is how I got involved. Previously, there were high cases of indiscipline among our students, but since the implementation of the AYEHA project, we have seen a positive change. The number of indiscipline cases has decreased, drug and substance abuse has decreased, and academics have improved, as we recorded a positive mean score during the KCPE examination. The project has also improved the relationship between teachers and students, and students are using their time more efficiently and have a positive outlook on life.

One important change for me is the improvement in academics, which will allow students to be self-reliant in life. The key factor that enabled the change was the mentorship sessions facilitated by Stretchers Youth Organization. I contributed by supporting the mentors in organizing the learners for the sessions. The Ministry of Education also played a role by allowing SYO to conduct the mentorship sessions. This change will lead to the development of the country, as disciplined students will become disciplined citizens and practices like corruption, theft, and drug trafficking will decrease.



## Name: Brighton Agomba AYEHA BENEFICIARY





My name is Brighton Agomba, and I am a student at Ganjoni Primary School. I actively participated in the AYEHA project by attending the mentorship sessions. Before AYEHA, I used to learn just for the sake of it, but now I learn with a purpose, to achieve my goals. Through AYEHA, I have developed self-confidence and a positive attitude. I now have a clear vision of my future and how I want it to be. The program has helped me to change my life for the better

Name: Ann Stephen Mwende
AYEHA BENEFICIARY

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Hello, my name is Ann Stephen Mwende. I am a student at Umoja Primary School. Through my interactions with AYEHA, I have developed self-confidence and I have set my future goals. AYEHA has been building me and I find it so interesting that I do not want to miss any session. I have learned how to identify and solve problems for others, even when they do not communicate with me directly. I have also seen an improvement in my mental health, which is important for having peace of mind.









My name is Gift Mwakupha Jojo, a student from Mtongwe Primary School. AYEHA has helped me realize my critical thinking skills. I act as a role model by helping my friends when they get into trouble. I think about problems presented to me and seek solutions. I also encourage my friends who haven't had the chance to attend AYEHA to do the same.

#### Name: Ayeho Phylis **AYEHA BENEFICIARY**



My name is Ayeho Phylis, a student from Jomvu Girls Secondary School. My mentor has been kind to me and I feel free to ask any questions to get answers from my peers. Positive changes have occurred in my life, for example, I have developed selfconfidence. I have learned about different topics, including self-esteem, stress management, goal setting, child rights, and non-verbal communication. The sessions are fun, educational, and interesting.







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My name is Agnes Mrunde, a student from Jomvu Girls Secondary School. I was appointed as a G&C leader in our class, which is how I was selected to attend AYEHA sessions. Initially, it was difficult for me to join AYEHA because I lacked the courage to talk or discuss anything with my friends and family. However, after attending past AYEHA sessions, many changes have occurred in my life, and I realized that AYEHA would be of great benefit to me and other students. I have learned how to be a good leader to my peers, and this has helped me overcome many problems that I have faced in the recent past. One change that Stretchers impacted in me through the AYEHA project was how to overcome my fears. The discussions and encouragement given by our mentor were the key factors that enabled these changes to happen.

Name: Wabwire Justine AYEHA BENEFICIARY

11

My name is Wabwire Justine Adhiambo, a student from Kassani Mixed Secondary School. My class teacher enrolled me to be a part of the AYEHA project so that I could educate the rest of my class members on what I would be taught by my mentor. In the beginning, before I joined AYEHA, my siblings used to share their challenges with me, but I was not able to solve them. I used to take the matter to my teacher so that she could advise me on what to do. One particular change that was most important in my life through my engagement with AYEHA is that I have now gained the trust of my siblings, since I can now solve problems affecting them without consulting my parents or teachers. Through AYEHA, I was also able to share my emotions because I learned that sharing a problem is one way of solving it. I have also been able to make wise decisions and communicate effectively with my peers. Stretchers has taught me the qualities of a good role model, and now I have experience on how to help people in the future. Lastly, I would like to thank my G&C teacher, since it was through her that I learned about Stretchers and AYEHA as a whole.





#### Name: Ashraf Bakari AYEHA BENEFICIARY

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My name is Ashraf Bakari, a student from Ganjoni Primary School. I was chosen by my classmates to represent them in AYEHA sessions. I have gone through all of the AYEHA programs and they have had a positive impact on my life. The sessions have made me realize that I am unique and I have rights that come with different responsibilities. At first, the sessions were not interesting, but as time passed, they became lively, and I couldn't wait to see my mentor again. I learned how to handle stress and anger, and to be positive, knowing that everything has its own time. The key factors that impacted my change were my personal life, goals, and sacrifices, and Stretchers motivated me to be myself and handle difficult life situations. My real friends also contributed to my change, as we sit together in a group and discuss our challenges.







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Hi, my name is Shamsa Taimur, and I'm a student from Umoja Primary School. I got involved in the AYEHA project through my responsibility of guiding other students to the best of my knowledge. Sometimes when I feel stressed or depressed, I tend to smile so that I can overcome it, but it never really worked. The changes that AYEHA brought are understanding different counseling topics, such as how to deal with my emotions by opening up to a trusted person. I gained self-confidence, self-identity, a sense of belonging, and a sense of competence during the AYEHA sessions. The key factors that enabled my change were overcoming some of my challenges, which I have been facing. Whenever I overcome them, I feel relaxed. Knowing my rights as a student, daughter, and neighbor helps me make different decisions. The organization has helped me gain confidence in myself when talking and interacting with my friends, as well as improved my listening and communication skills. By educating other students on our future generation and what we have learned, I hope to continue to improve myself in the future.

Name: Vivian Amongin
AYEHA BENEFICIARY

11

I'm Vivian Amongin, a student from Khadijah Mixed Secondary School. I became involved in AYEHA through my willingness to know more about families and teach other students, since a lot of the challenges we students face revolve around family issues. At the beginning, before joining AYEHA, I feared talking to people since I was shy and lacked confidence in myself. The more I attended AYEHA sessions, the more I gained the courage to speak in front of people. AYEHA has taught me new things about my own life and how I can achieve my dreams. Every day, I am eager to tell my parents and fellow students about the great things I have learned during my sessions. My life has really changed through my interactions with Stretchers because I have learned to be patient in life, understand my rights, set different goals, and stay away from stress and feel fresh always. Every change is important in my life because I have achieved them through listening to what my teachers and mentors are saying, sharing different ideas, keeping my goals and dreams, and communicating with others. Stretchers has motivated me to become a great person with good morals. I now know how to control my feelings and make



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I saw a post on a HIV champion's campaign WhatsApp group by Edward Sakwa asking if anyone would be willing to attend the training on "We Lead" at Changamwe, and I responded. Since becoming a champion, I have become more aware of the HIV situation in Mombasa, learned about sexual and reproductive rights as outlined in the constitution, learned effective advocacy techniques, and been inspired to be innovative in my championship for young people's issues. Before the training, I knew about HIV/AIDS being a problem among the youth, but I didn't realize the extent of the issue and the current statistics. I had the opportunity to learn about these things and how sexual and reproductive health rights are outlined in the constitution, and how to use effective advocacy strategies to fight for our rights. This change was important because it has made me more engaged in policy-making and holding duty bearers accountable for every policy made and violation committed. The key factors that contributed to this change were Stretchers' goodwill to empower the youth and community, self-motivation, and the desire to learn. The SYO contributions gave me the opportunity to attend the training, learn, and change my mindset. As a result of this project, I have learned that change is inevitable and we still have a long way to go as a country. I was able to be trained on sexual and reproductive health rights



### Name: Brian Odongo AYEHA BENEFICIARY

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Brian Odongo is my name, from Mombasa County, currently schooling at Khadijah Secondary School. I represent my group in the AYEHA club by attending AYEHA mentorship sessions, participating in activities given by them, and following what my mentors tell me. Stretchers and my community at large have helped me make good decisions in difficult situations. Since my entry into the school, I have never been given a chance to participate in such platforms by my teachers, but right now I feel like this is where I belong. One particular change that has occurred since I joined the AYEHA club is that my self-confidence has really grown, and now I trust myself in doing anything on my own. The key factor that enabled this change to happen was through having discussions with my peers and educating others who had no opportunity to join the mentorship program. I am now a peer educator because of AYEHA.





# Communications & Publications

### **Communications & Publicity 2022**

In 2022, our communications and public relations department continued to focus on adapting approaches and strategies in increasing SYO's visibility through mainstream and social media engagements. Such strategies and approaches included, capacity building for our communications and public relations department personnel, robust engagements in twitter storms/chats and incorporating our activities with live streaming.

These activities contributed to raising SYO's share of online voice and profile. The number of SYO's related live-streaming and twitter engagements in our social media platforms & major local, regional and international media outlets.



We appeared in 5 National TV stations and 3 radio stations discussing on issues affecting youth and women as stated below;

- Sauti Ya Pwani on 5th March 2022 (https://www.facebook.com/sautiyapwanifm/videos/1159322908140972/)
- K24 TV (K24 Tv Live (#Mchipukok24) on 31st May 2022 at https://youtu.be/E0i3bT3h5pY)
- Most men want to exclude themselves from menstrual hygiene conversations NTV (NTV Live on 30th May 2022 at (https://www.youtube.com/watch?v=ih\_olTooGc4)
- Good Afternoon Ghana Metro Ghana Tv( https://www.youtube.com/watch?v=cEQqtGYwPR8)



- > K24 TV LIVE | Habari kutoka kote nchini katika #MchipukoK24 K24 (https://youtu.be/fnPtlBmdq3A)
- The Girl Summit Media Briefing. Our time is now, our rights our future #TGSinKwale Edition Citizen TV https://business.facebook.com/stretchersYouthorg/videos/664965071580024/)

### In our social media platforms;

- Posted 310 facebook posts reaching 25,546 people
- Tweeted 573 tweets, impressing 138.1k people, having 51.5k profile visits, achieving 1,418 mentions and garnering 757 new followers.
- Posted 252 instagram posts, reaching 1,157 people
- Had a total of 176,836 website visitors



## • OUR PARTNERS



### **Our funding Partners**

























### **Our Strategic Partners**













#### **Our Implementing Partners**



























### 2022 PICTORIALS









































































































