



AN ABRIDGED VERSION OF DSW KENYA 2022 ANNUAL REPORT (HIGHLIGHTS)

ABOUT DSW KENYA

DSW Kenya is a non-governmental organisation registered in Kenya as one of the East African country offices of Deutsche Stiftung Weltbevölkerung (DSW), a global development organisation founded and headquartered in Germany.

DSW Kenya focuses on the needs and potential of the largest youth generation in history.

We are committed to creating demand for and access to health information, services and supplies for the youth, and to securing their right for a brighter future. We achieve this by engaging in advocacy, capacity development, and family planning initiatives, which make sure the youth of today are empowered to lead healthy and self-determined lives.

DSW Kenya was established in May 2000 in Nairobi. We have additional offices in Mombasa and Kitale with presence in nine counties: **Kisumu, Migori, Kilifi, Kwale, Mombasa, Nairobi, Trans Nzoia, and West Pokot.**

FOREWORD

In many respects, 2022 was a defining year for DSW Kenya programming. It was the year the implementation of DSW five-year strategy was concluded. It was also the year DSW Kenya posted consistent and uninterrupted programme implementation following the lifting of most COVID-19 containment measures instituted to stem the spread of the virus and its effects.

In this report, we present programme results attained from work implemented through 10 projects.

In 2022, 42,696 (11,914M, 15,782F) adolescents and youth were reached with information on sexual and reproductive health and rights (SRHR). Of these, 4,980 were reached through peer learning sessions in schools and 22,716 (9,539M, 13,177) through out of school mentorship sessions, and 15,000 through lifeyangu.com. A further 350 peer educators (140M, 210F), including one (1) person with disability were trained and equipped with concepts of peer education, advocacy and communication skills, SRHR and sexual exploitation and violence and led in the facilitation of club activities and peer sessions with targeted SRHR information.

Referrals for onward support of survivors of sexual and gender-based violence (SGBV) was enabled because of the linkages created through this work.

DSW's flagship work with young adolescents in schools placed the organisation at the heart of engagements with the new leadership in both Kilifi and West Pokot counties, where the YA were able to present first-hand issues, they needed the new administration to act on in this new five-year term.



Evelyn Samba,
Country Director.

A major milestone for DSW Kenya was the launch of the Lifeyangu.com, a website through which young people access correct and accurate SRHR information. The website was also used as the resource tool for the Digital Influencer Campaign during the 2022 World Contraception Day. Leveraging on the power of social media the #YouthNaContraceptionKE campaign's goal is to improve awareness of contraception and to promote active and voluntary behaviour of seeking family planning services among young people. Approximately 8.4 million people were reached during this campaign through social media.

Conversations on ending SGBV continued to be propagated through the Community Action Committees (CACs) that not only brought together different stakeholders to fight against the vice and the practices that perpetuate it, but also facilitated a common accountability front from various stakeholders for the protection from violence. The success of such committees and community dialogue platforms informed the publication of the *Community Dialogue Guide*, which seeks to inform best practices within the organisation and its partners.

The onboarding and capacity strengthening of eight partner youth organisations for gender and reproductive equity was a major milestone for the organisation. Through this approach, DSW Kenya has continued the important trajectory to becoming a capacity building organisation for nascent youth organisations.

The successful establishment and strengthening of 21 Village Savings and Loans Associations has become a game changer in ensuring access to productive resources for the realisation of SRHR for women and young girls. Through them, DSW Kenya has seen power shifting at the household level as more women gain control over the resources arising from their labour which, in turn, has improved their decision-making abilities on financial matters.

As we celebrated the successes of this strategic plan, DSW commenced an internal conversation on the new strategic plan and the direction it would take over a three-year period. In this new strategic plan, DSW Kenya's focus will be on six pillars namely (i) Building youth awareness and demand for SRHR through age-appropriate and gender-sensitive sexuality education and training; (ii) Providing youth with modern contraceptives in their communities, in youth centres and YECs; (iii) Strengthening girls' rights, to advance gender equality as an enabler for SRHR and eliminating harmful practices (iv) Advancing youth economic empowerment through work opportunities for SRHR; (v) Strengthening capacity of youth organisations to be active in SRHR, and (vi) Advocating for increased, more effective investments in global health with special focus on youth and adolescent SRHR.

FOSTERING DEMAND FOR, AND ACCESS TO HEALTH INFORMATION, HEALTH SUPPLIES AND YOUTH FRIENDLY SERVICES, PARTICULARLY FOR SEXUAL AND REPRODUCTIVE HEALTH SERVICES.

42,696

Young people reached with sexual reproductive health information

of this, 4,980 were reached through peer learning sessions in schools, 22,716 through out of school sessions and 15,000 through lifeyangu.com

6,447

Young people accessed SRHR services.

350

Peer educators trained

9,782

Condoms distributed

1,635

Adolescent girls received sanitary dignity kits

1,500

Health facilities onboarded on Lifeyangu.com

21,500

Visits to Lifeyangu.com

“I am at the table where children issues are being discussed”- Barrack Hussein

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Pre-adolescence and adolescence come with many things, among them body changes that may leave someone confused, especially if they are uninformed.

That was the case for 14-year-old, Barrack Hussein. He was born and raised in Kacheliba in West Pokot county, where Female Genital Mutilation (FGM) and forced marriage is normal practice and where drugs and substance abuse is common among young adolescents.

Growing up, he couldn't express himself before his peers or talk about Sexual and Reproductive Health and Rights (SRHR). He would hear his friends talk about wet dreams and laugh at girls who have had period accidents at school. Unfortunately, as much as he wanted to say or do something, he could not because he had no information.

What he had was an interest and passion in SRHR, something that pushed him to volunteer to be a peer educator under DSW's Holistic Action Project for Young Adolescents (HAPA). The project, implemented in West Pokot and Kilifi counties, aims to improve Young Adolescents' SRHR outcomes through increasing their access to age appropriate SRHR information and skills in advocacy and leadership.

Luckily, Barrack was selected and trained as a peer educator. He enhanced his knowledge of Adolescent

SRHR and was able to effectively facilitate peer learning sessions and disseminate ASRHR information to his peers.

"When HAPA came to our school, I was, at first, hesitant to join those selected as peer educators since I couldn't stand in front of my peers and express myself however much I had an interest in becoming a leader someday. After undergoing the training on peer education and advocacy, I started gaining confidence day by day by facilitating peer learning sessions in my school and participating in advocacy spaces," he says.

Eventually, the Department of Children, West Pokot County selected him together with four other Adolescent Advocacy Network (ANN) members to be part of the Sub-County children's Assembly.

"I'm now a clerk in West Pokot County Children Assembly. I am at the table where children issues are being discussed. The intervention shaped my behavior and helped me realise my potential and picture my future and those of other adolescents," Barrack says.

His mother attributes Barrack's smooth transition from early to middle adolescence to the HAPA project. She says he showed exemplary behaviour to his siblings and his peers after engaging in the program.

"Being first-born, I started feeling a sense of responsibility and started teaching my siblings and my parents about life skills, effects of harmful cultural practices, and menstrual hygiene management. Understanding ASRHR and the magnitude of challenges in my school and the surrounding, I developed a passion championing for the rights of adolescents," he explains.

Barrack became the Chairperson of AAN and with the support from DSW through the HAPA project, he participated in different advocacy spaces that resulted in remarkable achievements including the consistent supply of sanitary towels by the government and stakeholders.

His engagement in project implementation has contributed to the improvement of his academic performance, and discipline, influenced positive decision-making and advocacy.



Barrack Hussein during a radio talk show in West Pokot County.

ADVANCING THE RESPECT AND PROTECTION OF SEXUAL AND REPRODUCTIVE RIGHTS, WITH A FOCUS ON ELIMINATING GENDER-RELATED DISCRIMINATION AND INEQUALITY.

7,658

People reached with SGBV information

Including 11 youths with disability, 148 male opinion leaders and 961 opinion shapers

133

SGBV cases reported in 2022

as follows: sexual exploitation, 76; sexual harassment, 34; rape 9; defilement, 8; forced prostitution, 4; incest 1; and sodomy, 1.

3

Number of court users and advisory platforms county governments established with support from DSW

51

Opinion shapers trained on paralegalism

30

CHVs to mobilize and refer young people for services

30

Health sector leaders engaged on service provision

Dribble time! Players take part in the Sporting tournaments under the Vijana Vuka na Afya project. Sports is a vital tool for mobilising young people to access SRHR information and services.

PHOTO: DSW



EMPOWERING YOUNG PEOPLE TO MAKE THEIR VOICES HEARD IN DECISION-MAKING PROCESSES AT LOCAL, NATIONAL, AND GLOBAL LEVELS.

100

Young people trained on leadership and management

150

Young adolescents trained on advocacy and GBV, communication skills

84

Young people trained as youth champions

20 budding influencers trained on social media engagement, content development and internet tools

The aim of such training is to empower the youth to engage with their peers and duty bearers in advocating for uptake of and investment in SRHR, particularly family planning

8 County-based youth groups supported and leadership strengthened

The process involved mentorship, institutional capacity strengthening and leadership training to improve their participation in the decision-making spaces at the county level

Franciscar Akoth: In the front line to eradicate teen pregnancies

At age 18 and a student in secondary school, Franciscar 'Francy' Akoth found out she was pregnant. She was ignorant of sexual and reproductive health information as her family considered this a taboo topic. With this news, she knew her life had completely changed. She quit school to focus on taking care of herself as she got ready to give birth.

Franciscar, a resident of Bangladesh, an informal settlement in Mombasa, is one of many young people dealing with issues such as teenage pregnancy, STIS or HIV/AIDS, drug and substance addiction, and sexual and gender-based violence, as outlined in the Mombasa County Adolescent and Youth Survey (NAYS, 2017).

She, undoubtedly, had to deal with the stigma.

"Teen pregnancy is accompanied by a lot of stigma and rejection from the family and community because they think that getting pregnant while in school is the end of life. However, I came to realize that it's not how they think but how I would learn from my mistake and move on," she says.

In 2022, Francy was among young people trained as a peer educator by DSW's Vijana Vuka na Afya (VIVA) project whose objective is to reach youth with age appropriate sexual and reproductive health information, products and services.

It also seeks to empower them with the knowledge and skills to improve their socio-economic situation and strengthen the capacity of healthcare providers to deliver essential services to youth in informal settlements in three counties, Nairobi, Mombasa and Kisumu.

France was chosen for her passion in bringing change to the community, especially young people after she

saw many of them engaging in drugs, alcohol, unsafe sex and procuring unsafe abortions.

The training paved the way for her to become a mentor to other young people in the informal settlement. She didn't want her peers to go through what she had gone through. She felt empowered and inspired to set up and register a group that will not only help the young people but also educate adolescent girls about SRHR and protect them against other risks that may result in unintended pregnancy.

"I am thankful to DSW for giving me the opportunity to change lives in the community by being among the peer educators for VIVA project, which enables me to offer age-appropriate information/sessions on SRHR in the community," she said.

For her work, Francy recently received an award from the Mombasa County Department of Health, as one of champions who have excelled in health initiatives. She was recognized for reaching and referring the highest number of young people to SRHR information and services through peer learning sessions and the initiative of support in group formation and linkages.

IMPROVED AND EQUAL ACCESS TO SOCIO-ECONOMIC OPPORTUNITIES FOR VULNERABLE YOUNG PEOPLE

21

VILLAGE SAVINGS AND LOANS ASSOCIATIONS FORMED

The village savings and loans associations were formed to empower vulnerable members of our target audience and their caregivers.

Members also received seed capital to enable them buy assets for joint business ventures.

189

ADOLESCENT MOTHERS LIVING WITH HIV TRAINED ON VSLA AND ENTREPRENEURIAL SKILLS

The training's goal is to improve the entrepreneurial capacity of the young mothers, inculcate the culture of saving, and increase community access to credit to embark on income-generating activities to diversify and sustain their livelihoods.

80

TRAINED ON DIGITAL LITERACY AND DIGITAL BUSINESS SKILLS

The aim of the training was to equip the learners with skills essential for using computers to learn and to explore opportunities in the online space.



Promoting Zero tolerance to HIV stigma and discrimination

During the World Population Day in 2022, Sherry* aged 18, was a guest at a local radio station in Migori County to talk about her life. The journey to this point was a long time in the making.

Sherry is a young mother living on care. She found out she was pregnant and HIV positive in Form One – the first year of her secondary education. Unfortunately, she lost her child, and since then she lived with the burden of HIV stigma and the pain of losing her child.

Just like other adolescents living with HIV, Sherry lived a secluded life. Because of low self-esteem, she could not face people and didn't have friends in school.

All this changed when a Community Health Volunteer invited her to one of the training sessions hosted by DSW Kenya at a local Catholic Church. The three-day Personal Empowerment and Life Skills training sought to enhance the participants' self-worth and esteem. It also encompassed training in handling stress and conflict and managing interpersonal relationships.

Although Sherry was hesitant to attend the training, and even showed up late, she sat through the session. The participants – adolescents just like her – were given the chance to share personal stories, and experiences living with HIV.

Listening to these stories changed Sherry's negative self-perception. First, she realised she was not alone; other young people were going through the same. Second, the interaction made it easier for her to make friends.

'I was very afraid at first when I entered the room, but after meeting many girls who also live with HIV, I felt I was not alone'

Importantly, she felt more confident and at ease to share her story.

That confidence and courage pushed Sherry on to a bigger stage: local radio. Her story touched many young people, who called in for advice and support. Most callers were on care and could not face the world due to stigma and discrimination. She was

Additionally, following training on nutrition and food security, Sherry started a kitchen garden on a portion of land her father gave to her. Her intense interest in farming saw her use some savings to buy seedlings. So far, she has planted local vegetables to support her nutritional needs.

Thanks to the project, Sherry has gained a positive outlook on life and has reawakened her talents: she's a good communicator and a fantastic farmer.

STRENGTHENING AND ENHANCING DSW KENYA'S ORGANISATIONAL GROWTH, SUSTAINABILITY AND VISIBILITY



STRATEGIC PLAN REVIEW

DSW Kenya started the process of developing a new strategic paper for 2023-2025, with a joint internal review exercise of the 2018-2022 strategic plan



1 Policy adapted

Data Protection policy.



7 proposals for funding submitted

Three proposal successfully funded in 2022.



2.5 million people reached with key messages

2.5 million newspaper readers, TV viewers, social media users and radio listeners in Kenya with key messages. DSW Kenya earned approximately KES. 8 million (80,000 USD) in media airtime/space value.

Dennis Songa: Taking center stage at ICFP 2022

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Dennis Songa is a 22-year-old DSW youth champion and a member of Entrust Youth Platform in Uasin Gishu County. A third-year Public Health student at Moi University in Eldoret, he participated in a training by DSW. At first, he was too shy to express himself in public, and this was made worse by the little knowledge he had of sexual and reproductive health (SRH). He, however, expressed desire, passion and interest in SRH when engaged at a one-on-one level.

"Coming from a community where family planning wasn't really embraced motivated me to find out more about it and whether the methods are convenient enough to be adopted by my community and save it from the existing SRHR hurdles. After a few months in the university, I realized that most SRHR issues affected youth and women. I joined Entrust Youth Platform through which I got an opportunity to move into the communities within Uasin Gishu county and address SRHR issues," he says.

With mentorship and engagement offered by DSW, Dennis quickly transformed into an avid advocate, who led the advocacy efforts in Uasin Gishu county that resulted in the allocation of KES 2.35M for the establishment of two youth-friendly centres in Turbo and Soy sub-county in the 2021/22 annual work plan.

"Through budget advocacy, I have learnt a lot especially the key dates in the budget process in Kenya. I have learnt to review key documents such as CSFP, County Integrated Development Plan, Annual Development Plan, which I have used to consistently track the Uasin Gishu county budget. I take part in public participation forums, where I air my views and recommend changes I would want to see especially in health, specifically on allocation of funds for family planning and youth empowerment. I have made follow-ups via memos to the county offices and at least some were commended, and changes made," Dennis says.

Last year, Dennis participated in reviewing the 2022 Adolescent and Young People Sexual and Reproductive Health Policy in Nakuru, courtesy of DSW.

"I also founded my own organization in 2022 called Empower, Nurture, Uplift, Connect and Advocate-Kenya (ENUCAKENYA). Through it I continue to

advocate for SRHR and mental health issues affecting the most vulnerable population within Uasin Gishu County. I have partnered with several organizations to achieve our mission and vision," he adds.

The pinnacle of change happened when Dennis mastered his fears and pitched his idea on how young people may advance their inclusion in family planning at the 2022 International Conference on Family Planning (ICFP) in Pattaya, Thailand. Dennis' [video submission, titled Investing in Contraceptive R&D to reduce the unmet need for family planning](#), was accepted, and he took part in the pre-conference and advocacy panels, shaping meaningful youth engagement in decision-making and influence at the international level.

"It was a platform where I got to learn a lot from my peers during the preconference and the key decision makers at the main conference. I got to see the work going on in most countries in the field of family planning. I had an opportunity to exchange ideas and even make new global friendships," he adds.



Dennis Songa at the ICFP 2022 in Thailand. PHOTO: DSW

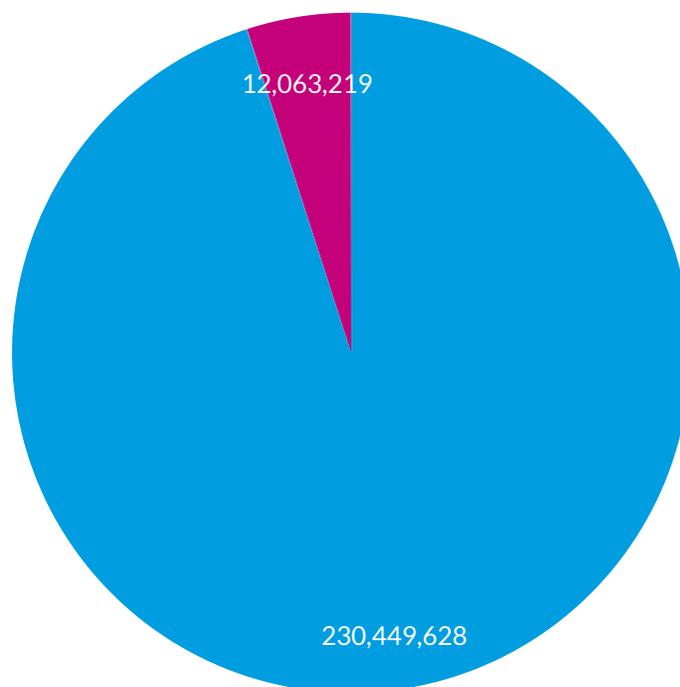
FINANCIALS

STATEMENT OF INCOME AND EXPENDITURE

INCOME (2022)

242,512,847

(KENYA SHILLINGS)

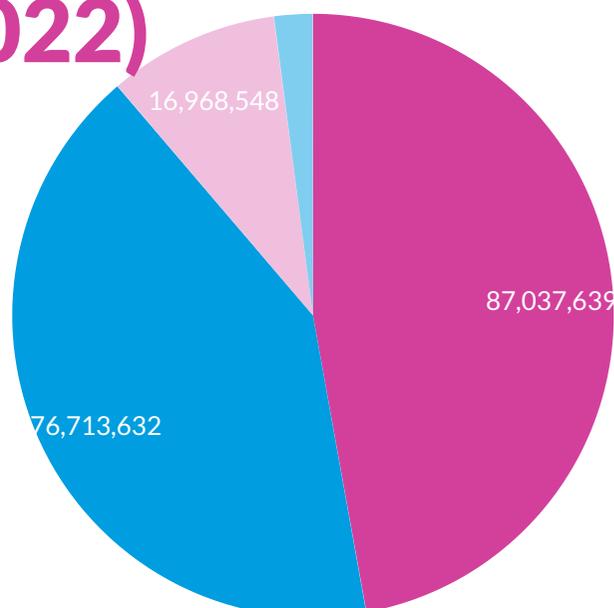


■ Restricted income (95.03%) ■ Unrestricted income (4.97%)

EXPENDITURE (2022)

184,538,318

(KENYA SHILLINGS)



■ Programme Expenses (47.17%) ■ Personnel Expenses (41.57%)
 ■ Administrative Expenses (9.2%) ■ Establishment costs (2.07%)

*Programme expenses and personnel expenses are both direct programme costs

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