



# PROJECT

In the towns of Londoto and  
Msitu wa Tembo

01.

## WE Grow: Gender-based violence and school violence

Nonviolent Communication Seminar at primary school:

- How to practice active listening
- In one case a girl who had been underperforming in exams was being teased, so the other students listened attentively and discussed how to respond in such situations with empathy and understanding



02.

## WE Thrive: Economic Women Empowerment

Interactive role plays on their business training:

- Leadership role play: Presented examples of good and bad leadership
- Marketing role play: Focused on engaging with customers and improving service



03.

## WE Care: Menstrual Health Seminars (Kilipad)

- Primary Schools - students performed a role play involving a brother who is responsible for buying menstrual pads for his sister, emphasizing shared responsibility and normalizing menstruation.
- In Secondary Schools, students are asked questions aimed to encourage respectful and supportive behavior toward menstruation

## 04. Health Department - Practical Skills Training

Theoretical sessions and hands-on learning

- Basic Life Support (BLS)
  - CPR, chest compression, choking
- Trauma Care
  - Airway, Breathing, Circulation (ABC)
  - Use of splints and bandages
- Pain Management
  - Pain scales, when to give meds
- Oxygen Therapy
  - Indications, delivery methods, safety
- Vital Signs and Emergency Sequence
  - Measuring and interpreting signs
  - How to assess, alert, act

These sessions reinforced knowledge retention and encouraged confidence in responding to emergencies under pressure.



## 05.

### MASAA (Maasai jewelry)

Role-play activity focused on negotiation skills:

One of the MASAA mamas took on the role of a jewelry seller, while the others acted as potential clients. The clients challenged her by asking for drastic price reductions, and the seller had to negotiate while keeping in mind the limits of profitability. This activity is important as it helps the mamas understand where their profit margins lie and how far they can go when adjusting prices. It also highlights the critical point at which they should firmly say no and bring the negotiation to a close.

