

Sema La! Project

Sema La are Swahili words meaning Say No! This is a behavior change program tailor made to create alternatives through which the school girls can spend their free time in constructive ways.

Idleness among the slum youth specifically the girl child has resulted to transactional sex as early as 13 years. This risky behavior has led to unplanned parenthood and forced marriages merely for survival. The trend can be reversed if these girls are involved in non formal education curriculums such as vocational training as well as active participation in sports activities such as football. These constructive avenues reduce the idle time significantly while exposing the girls to valuable life skills.

This project also manages HIV/Aids awareness, healthy feeding, counseling & psychosocial support among the adolescents in the school. This section designs initiatives used to convey HIV/Aids messages in a friendly way. Other areas addressed include voluntary testing (VCT) services, sanitary pads distribution as well as sexuality health talks.

The strategy aims to achieve the following:

- Creating a comprehensive standardized manual to address sexual health with bias on sexual debut delay.
- Creating and strengthening strategic partnerships to address sexual health.
- Strengthening sporting activities through tournaments

