

# DEAR LITTLE SISTER FOUNDATION



***'Motherhood Waits'***

## PERFORMANCE REPORT

**JANUARY TO DECEMBER 2018**

**JANUARY 2019**

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## EXECUTIVE SUMMARY

The idea of Dear Little Sister Foundation (DLSF) was conceived by Ms. Daisy Kosgey Mugiira in 2014. Daisy was motivated by the need to sensitize and train girls in her Kalenjin community on the negative effects of Teenage Pregnancies which she had seen cut short brilliant dreams and futures of many promising girls in her home area of Chepseon- Kericho County. However, the first outdoor event of the Foundation happened on October 1<sup>st</sup> 2017.

### 2018 ACHIEVEMENTS

- In the Year 2018, The Founding Director (Daisy Kosgey Mugiira) authored and launched a book titled 'Dear Little Sister' that enlightens young girls on making informed life choices especially by avoiding Teenage Pregnancies and focusing on their academics. She has been selling and donating the book in various occasions.
- In the Year 2018, the Dear Little Sister Foundation organized **11 Sensitization and Training Forums** in which Teenage Girls were sensitized on the negative effects of Teenage Pregnancies and trained on how to avoid the Pregnancies and pursue academics and other social economic activities. In the forums, at least **4500 teenage girls** were reached. The forums also reached out to at least **425 parents** including community leaders and local administrators with a message on the role of parents in ensuring their daughters do not become victims of teenage pregnancies.
- Through the Founding Director, DLSF appeared in 10 talk shows on TV, Radio and a local Newspaper. DLSF also conducted an online campaign during the International Day of the Girl Child and awarded the winning girl a shopping Voucher and a copy of the Dear Little Sister Book.
- DLSF donated Toiletries and Sanitary Towels to 140 teenage girls in Nakuru County.
- In a bid to rehabilitate Teenage Mothers and break the vicious cycle of teenage pregnancies, DLSF trained 36 teenage mothers in Kericho County on making liquid soap. The young mothers are grouped in groups of 4 and are currently running the project of making and selling the soap to make a living and save for their children's education.

# 1. INTRODUCTION

## 1.1 Background

The idea of Dear Little Sister Foundation (DLSF) was conceived by Ms. Daisy Kosgey Mugiira in 2014. Daisy was motivated by the need to sensitize and train girls in her Kalenjin community on the negative effects of Teenage Pregnancies which she had seen cut short brilliant dreams and futures of many promising girls in her home area of Chepseon- Kericho County. From 2008, Daisy was also writing a book entitled 'Dear Little Sister' which is in form of a letter to her little sisters to warn them against teenage pregnancies and counsel them on the importance of good character and education for girls. The book was published and launched in 2018. However, the first outdoor Activity of the Foundation happened on 1<sup>st</sup> October 2017 in Kirinyaga County. Since then, the Foundation has reached thousands of girls and other players in the community. We have lodged an application for formal registration with the State Law Office and we are currently waiting to be issued with a Registration Certificate.

## 1.2 About DLSF

At dear little sister foundation, we say NO TO TEENAGE PREGNANCIES while emphasizing that 'MOTHERHOOD WAITS'. We enlighten girls on the negative effects of the dream killer that teenage pregnancies is, by coaching them on how to avoid unplanned teenage pregnancies through open forum mentorship forums, accountability groups and rehabilitation of teenage mothers. We also support girls financially and materially to pursue education and other trainings. Besides we encourage older women to talk to their teenage daughters on matters of sexuality in order to save them from the jaws of teenage pregnancies and the resultant unplanned early marriages.

## 1.3 Our Vision

'To reduce the number of teenage pregnancies and resultant forced early marriages while increasing the number of enlightened girls pursuing education and other constructive social and economic activities'

## 1.4 Our Mission

Our mission is to nurture girls who are informed of the effects of unplanned teenage pregnancies and forced early marriages. Girls who know they are entitled to say no to those practices that are oppressive in nature by enlightening them through open forum mentorship sessions, coaching through accountability groups, rehabilitation of teenage mothers and providing financial and material support to enable girls pursue education and later on engage in constructive social and economic activities.

## 2. OUR PROGRAMS

### 2.1 Sensitization and Training

- ❖ We tell the negative effects of teenage pregnancies to girls and guide them on how to stay safe.
- ❖ We tell older women to talk to their teenage daughters on matters sexuality
- ❖ We work with local administration, religious and school leaders to curb teenage pregnancies.

### 2.2 Sister's Keeper Clubs

- ❖ Teenage girls' **accountability** clubs to keep watch on one another and ensure zero teenage pregnancies amongst girls.
- ❖ Ensuring girls know the dangers associated with unplanned teenage pregnancies and encourage them to realize their full potential by pursuing academics to the highest levels of colleges and universities.

### 2.3 Teenage Mothers Rehabilitation

- ❖ We coach teenage mothers on social and economic (business) skills.
- ❖ Enrolling them back to school to continue with their studies.

### 2.4 Material Support

- ❖ We provide toiletries and sanitary towels to girls to ensure they remain in school and focus on their studies.

### 2.5 Dear Little Sister Book

This is a Novel authored by our Founder, Daisy Kosgey Mugiira to reach out to girls.

In this novel, Cheptoo writes a letter to her little sisters sharing her experiences and advising them on how to avoid the mistakes (Teenage Pregnancy) she made and lead a better quality life. Dear Little Sister is a life transforming story aiming at enlightening girls and young ladies while inspiring hope to those already faced with teenage challenges.

The Foundation sells the book to fund its operational activities.

## 3. OUR ACHIEVEMENTS AS AT 31<sup>ST</sup> DECEMBER 2018

### 3.1 Sensitization and Training

#### 3.1.1 Sensitization and Training Forums

The Foundation conducted 11 sensitization and training forums in 6 Counties.

S/N	DATES	ACTIVITY	Location	County	Output
1.	1 <sup>st</sup> October 2017	Girls Sensitization and Training Forum	Thumaita Girls Secondary, Kirinyaga County	Kirinyaga	<b>600 girls sensitized and trained</b>
2.	27 <sup>th</sup> January 2018	Girls/Boys Sensitization and Training Forum	Tugunon Secondary School	Kericho	<b>240 teenagers</b>
	27 <sup>th</sup> January 2018	A Women sensitization and consultative forum	Tembwet Village Grounds	Kericho	<b>25 Women Leaders</b>
3.	10 <sup>th</sup> February 2018	Girls/Boys Sensitization and Training Forum	Kio Secondary School	Nakuru	<b>200 teenagers</b>
4.	21 <sup>st</sup> April 2018	Girls Sensitization and Training Forum	AIC Chepseon	Kericho	<b>169 teenagers</b>
5.	30 <sup>th</sup> June 2018	Dear Little Sister Book Launch and Girls Sensitization Forum	Londiani Girls High School	Kericho	<b>900 Participants</b>
6.	15 <sup>th</sup> July 2018	School Prayer Day	New Light Academy Ziwa	Uasin Gishu	<b>1600 people ( 1200 students and 400 parents)</b>
7.	21 <sup>st</sup> July 2018	School Career Day	Machakos Girls High School	Machakos	<b>950 girls</b>

<b>8.</b>	25 <sup>th</sup> October 2018	Students Sensitization and Training Forum	Brainstorm Academy	Nairobi	<b>500 students (both boys and girls)</b>
<b>9.</b>	28 <sup>th</sup> September 2018	DLSF and Local Administration and Community Leaders consultative Forum	Office of the Chief, Chepseon Location.	Kericho	<b>65 people including the area chief, assistant chiefs, village elders and leaders of nyumba kumi.</b>
<b>10.</b>	1 <sup>st</sup> Dec 2018	'Breaking the Silence' Mothers Forum	Tembwet Village Grounds	Kericho	<b>32 Teenage Mothers, 15 older women and 12 teenage girls were sensitized and trained on breaking the silence.</b>
<b>11.</b>	29 <sup>th</sup> Dec 2018	A Youth Educational Forum	Kapkondor Secondary School	kericho	<b>250 Youths sensitized and trained on ways of avoiding Teenage Pregnancy</b>

### 3.1.2 Radio and TV Sensitization Talk Shows

The Foundation, represented by the Founder, Daisy Kosgey Mugiira participated in 10 talk shows in the media. Three (3) shows were on Television, 6 on Radio and 1 on a Newspaper.

<b>S/N</b>	<b>Date</b>	<b>Radio/TV Station</b>	<b>Show and Topic</b>
1	2 <sup>nd</sup> July 2018	Emoo Fm	Ipindap Kasari (Current Generation)
2	31 <sup>st</sup> October	Kass TV	Kas ilosun ( Education matters during worship program)
3	11 <sup>th</sup> September 2018	Emoo Fm	TEEBSSNAI (Education talk-Dear Little sister book)

4	18 <sup>th</sup> September 2018	Emoo Fm	TEEBSSNAI (Education talk-Dear Little sister book)
5	25 <sup>th</sup> September 2018	Change fm	Youth Empowerment
6	9 <sup>th</sup> November 2018	KTN News	'Youth Café' – Dealing with Teenage Pregnancies
7	31 <sup>st</sup> October 2018	Taach Fm	Women Empowerment
8	19 <sup>th</sup> November 2018	Family TV	'This is the Day' Dealing with Teenage Pregnancies
9	12 <sup>th</sup> December 2018	Taach Fm	Women Empowerment
10	12 <sup>th</sup> November 2018	People Daily Newspaper	Take-Off Feature

### 3.1.3 Online Awareness Campaigns and Awards

An online campaign was conducted on 10<sup>th</sup> to 12<sup>th</sup> October 2018 to celebrate the International Day of the Girl Child. The Foundation awarded a shopping voucher worth sh.2000 and a copy of the Dear Little Sister Book to the winner who was Bentasandra from Chogoria Girls Gigh School in Tharaka Nithi County.

### 3.2 Teenage Mothers Rehabilitation

- i. In November 2018, the Foundation sought placement for a teenage mother in a business establishment as an operations assistant.
- ii. In December 2018, we trained 36 teenage mothers in Chepseon Location – Kericho County on business/marketing skills and soap Making and provided soap making ingredients to 9 groups of 4 each. The teenage mothers have been selling the soap in their localities to make a living.

### 3.3 Material Support

1. Donated Tissue Papers and Sanitary Pads to over 140 girls at Kio Secondary School in Nakuru County.



### **3.4 Sister's Keeper Clubs**

To be formed in various schools once the schools reopen in January 2018

### **3.5 Dear Little Sister Book**

1. Donated 45 copies of the Dear Little Sister Book to girls in various schools and forums.

## **4. CHALLENGES**

1. Inadequate financial resources
  - The foundation did not get any external donations in terms of finances and hence it was funded by the Directors only.
2. Lack of a decent physical office
  - Currently, the Foundation operates from a small semi-permanent office in Ruiru-Kiambu County
3. Long procedures and durations of acquiring legal registration
  - The registration forms were submitted to the State Law Office in June 2018 but the certificate is yet to be ready for collection.
4. Absence of full time staff to carry out the Foundations Activities on a full time basis
  - The Directors have been conducting the activities over the weekends only.
5. Low Dear Little Sister Book Sales
  - There were low book sales due to lack of resources and staff for marketing the book

## 5. OUR TEAM

Title	Qualifications	Occupation	County
Founding Director	Bachelor of Arts, Economics, Maths Sociology	Banking	Kericho
Director 2	Bachelor of Electrical and Electronics Engineering	Telecommunications Engineer	Kirinyaga
Director 3	Bachelor of Economics and Communication	Research Executive	Kirinyaga
Director 4	Bachelor of Economics and Statistics	Research Officer	Meru
Associate 1	Bachelor of Project Planning and Accounting	Accountant	Kericho
Associate 2	Bachelor of Mass Communications	Banking	Elgeyo Marakwet
Volunteer Consultants	Engineering, Accounting, Actuarial Science, Communications, Mathematics, Law, Finance, Education, Computer Science, Insurance	Banking, Law, Actuaries, Insurance, Teaching etc.	Nyeri, Nairobi, Kiambu, Kericho, Nakuru, Nandi, UasiNGishu, Machakos etc

## 6. SUPPORT US

You can help DLSF in the following ways;

1. Buy the Dear Little Sister [-Book](#)
2. Send your M-pesa contribution via 0714 586 968
3. Donate items like toiletries and sanitary towels
4. Sponsor any of our forums
5. Be a volunteer mentor

## 7. PHOTOLOG



*DLSF Officials with Chepseon Location Chief*



*Mr. Mwakazi addressing Londiani Girls High School Students*



*DLSF Director addressing Chepseon Location Community Leaders*



*DLSF Founding Director gifting a copy of the Dear Little Sister Book to Mr. Mwakazi*

PHOTOLOG



*A Teenage Girl Sharing Her Views during a Training*



*DLSF Trains Teenage Mothers on Soap Making*



*Hon. Beatrice Limo Officially Launches the Dear Little Sister Book*



*A DLSF Sensitization Forum at Kapkondor Secondary Grounds*

PHOTOLOG



***DLSF Trainer Addressing Teenage Mothers at Tembwet Village Grounds***



***DLSF Officials with Teenage Mothers at Tembwet Village Grounds***



***DLSF Trainer Addressing Teenage Mothers at Tembwet Village Grounds***



***DLSF Trainer Addressing Teenage Mothers at Tembwet Village Grounds***

PHOTOLOG



*DLSF Donating Toiletries to Girls at Kio Secondary School*



*A Training Session at Tugunon Secondary School*



*DLSF Founder gifting a book to Hon.Kareke Mbiuki*

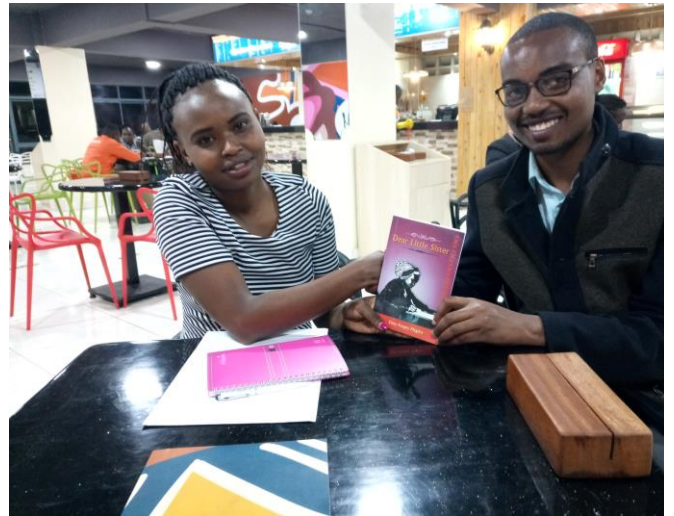


*DLSF Training Girls at Chepseon AIC Church*

PHOTOLOG



*DLSF Friends during Dear Little Sister Book Launch*



*DLSF Director Gifts a Book to Mr. John Karugu*



*DLSF Founder Addressing Chepseon Community Women Leaders*



*DLSF Presents a Shopping Voucher to a Winner of an Online Campaign*

PHOTOLOG



*DLSF Trainers after a Training Session at Tembwet – Kericho County*

*DLSF Friends during Dear Little Sister Book Launch*



*DLSF Founder with Thumaita High School Students*



*DLSF Founder in a Talk Show at Emoo Fm*



## 8. LOCATION AND CONTACTS

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