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NEWSLETTER

About us

Jijenge Youth Organization is a nonprofit Youth Lead Community Organization founded in 2018 as a charitable organization and we are devoted to making the world a better place through various initiatives designed to ensure that institutions & communities are safe and hospitable thus preventing young people [boys and girls] from moving into the streets as ‘Street Boys or Girls’ and or falling victims of trafficking for causal works and commercial sex.



Mission

TO PROVIDE A SAFE SPACE FOR YOUNG PERSONS AND COMMUNITY MEMBERS TO DEVELOP A COLLECTIVE POWER THAT WILL BRING OUT EFFECTIVE SOCIAL CHANGE FOR ECONOMIC AND SOCIAL DEVELOPMENT.

Vision

TO HAVE A EQUITABLE AND INCLUSIVE SOCIETY THAT HELPS TO ACTUALIZE POTENTIALS AND ASPIRATIONS OF YOUTHS



MEET THE TEAM



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INSPIRE, MOTIVATE, AND SUCCEED: A MENTORSHIP PROGRAM FOR EXCELLENCE.(WEZESHA STUDE)

School Mentorship Programs seek to instill knowledge, power, and influence of the mentor for the personal development of the mentee (Student). Intellectual challenges and personal insights of the mentee are of prime importance in our programs. We offer a personalized session that ensures that the mentor and the mentee are well served

So far we have reached out to three school where we offered our expertise and advises, so far we have reached out Victoria Primary, Kudho secondary and Shaurimoyo Primary and we had a total of close to 2000 students.

During these sessions, we provide education on a wide range of topics that empower students to navigate their daily activities with ease. As we facilitate discussions, we actively listen to their perspectives, understanding their comprehension of different subjects. If there is a need for clarification or correction, we ensure that students receive accurate information, fostering a space of open dialogue and safety. We have also had menstrual hygiene sessions where we teach girls on the proper use and disposal of sanitary we have managed to distribute around 1500 sanitary pads.



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Through our weekly facilitations, students not only acquire new knowledge but also apply it in their studies and daily lives. They become active participants in sharing the information they have learned with others in their community, contributing to the dissemination of valuable insights and awareness.



Jijenge Youth Organization and Better Me remain committed to creating a positive impact through our mentorship programs, ensuring that students have the necessary tools to thrive and make meaningful contributions to society.



A STEP TOWARDS DIGNITY AND EQUALITY



Menstrual Hgiene



Change sanitary pads every 4-6 hours



Wash your undergarments properly



Bathe /clean yourself regularly



Dispose used sanitary pads/products properly

www.jijengeyouth.org

Our efforts extend beyond just educating girls; we recognize the importance of including boys in this conversation. By fostering understanding and awareness among boys, we create a more supportive environment for women and girls. We firmly believe that achieving true menstrual hygiene empowerment involves everyone.

Recently, we had the privilege of conducting menstrual education sessions at Nyalunya Secondary School and Chango Secondary School, both of which are mixed high schools. These sessions not only focused on the biological aspects of menstruation but also highlighted the significance of breaking taboos and embracing open discussions on the subject.

Including boys in these sessions played a pivotal role in shattering stereotypes and normalizing menstruation as a natural bodily process. By engaging both genders, we promote empathy, respect, and support for women and girls during their menstrual journey.

Menstrual hygiene management is a vital aspect of women's and girls' overall health and well-being. By providing them with the necessary knowledge and resources, we equip them to make informed choices about their bodies. Additionally, it enables them to stay active in their education and daily activities without the stigma and shame that menstruation can sometimes bring.



At Jijenge Youth Organization, we are committed to creating an environment that values and supports menstrual hygiene. Our work goes beyond distributing sanitary products; we strive to foster an inclusive and understanding community where menstruation is not a taboo but rather a natural and celebrated part of life.



Through our continued efforts and collaborative initiatives, we aim to ensure that every woman and girl can embrace their menstruation journey with dignity and without limitations. Together, we can break barriers, promote gender equality, and empower future generations to create a more inclusive and supportive world for all. Let us join hands and take the step towards a brighter, more empowered future.

ENVIRONMENTAL JUSTICE

ACTIONS



"BE A TREE CHAMPION: JITOKEZE TUPANDE MITI CAMPAIGN."

"The Jitokeze Tupande Miti campaign is a dynamic and youth-led movement that was launched in February 2021. With a mission to promote partnership and advocacy for environmental conservation, our campaign takes a holistic and diverse approach towards protecting and preserving our natural resources.



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Recognizing the significance of tree planting, our proactive youth community has taken the lead in this important endeavor. Our efforts have yielded remarkable success in numerous schools across Kisumu County and its environs. Notably, we have successfully planted trees in various institutions, such as Chango Secondary School with a commendable count of 150 trees, St. Teresa's Girls School with an equally impactful 150 trees, Kudho Secondary School with an impressive plantation of 200 trees, and Kudho Primary School with an initiation of 20 trees.

Our belief is rooted in the understanding that planting trees within institutional settings is not only essential but impactful in enhancing air quality. By serving as natural filters, trees effectively trap and mitigate pollutants from the air, significantly improving the overall air quality of our communities. Recognizing the direct connection between physical health and access to clean air, it becomes imperative for us to prioritize tree planting initiatives.

Furthermore, the presence of trees and engaging in nature-based activities have shown to have profound effects on our mental well-being. Surrounding ourselves with a green environment and actively participating in nature-based experiences have been linked to reduced stress levels and alleviation of depression.



REVIVE, RESTORE, AND REJUVENATE: JOIN THE RESTORE LAKE VICTORIA CAMPAIGN.

Lake Victoria is currently facing serious challenges due to pollution, overfishing, and climate change. These issues have been taking a toll on the lake's ecosystem, and many species of fish, and aquatic life are now in danger of extinction.

The campaign aimed to create awareness and promote conservation efforts around the lake, which faces numerous challenges, including pollution and overfishing. Activities during the campaign included a boat ride, clean-ups, storytelling sessions that used indigenous knowledge to promote conservation, and sensitizing fishermen on sustainable blue economy practices.



NURTURING GREEN GUARDIANS: ST. THERESA'S GIRLS HIGH SCHOOL'S ENVIRONMENTAL PROGRAM

This year, we embarked on an inspiring journey, delving into various environmental programs that have left a lasting impact on our students and the community.

Education is a powerful tool, and in our programs, we take great care to teach students about pressing environmental challenges, with a particular focus on global warming. In-depth discussions, informative talks, and thought-provoking debates help the students understand the impact of human actions on the environment. Armed with knowledge, they are better equipped to make informed decisions and advocate for sustainable practices.



Promoting environmental awareness is a cornerstone of our mission. Through various engaging activities such as screenings, talks, activism, and discussions, we aim to ignite a passion for environmental stewardship within our students. By raising their awareness, we empower them to make conscious choices that benefit the Earth rather than harm it.

Together, let us continue to nurture the seeds of environmental responsibility in the hearts of our students, cultivating a generation of compassionate and informed individuals who will lead the way towards a sustainable and thriving future.



EMPOWERING MINDS, ONE BOOK AT A TIME: JOIN OUR COMMUNITY LIBRARY PROJECT.

We are thrilled to announce the successful establishment of a community library at Yago Primary School, filling us with immense joy and gratitude. This momentous achievement would not have been possible without the unwavering commitment of Daniel Soffin and the invaluable support from Jewish Helping Hand.



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Our fully operational library now houses an impressive collection of over 630 books, ranging from engaging storybooks to informative reference materials, captivating literature, exploratory resources, and insightful science and mathematics texts. In our dedication to promoting digital literacy among the underserved communities we serve, we have also provided mobile tablets.



With a mission to positively impact the lives of more than 200 students each week, our goal is to provide them with access to books and equip them with technical knowledge and skills. Through this endeavor, we aim to advocate for sustainable development goals (SDGs), champion education for all, and inspire positive change through active community engagement.



A CELEBRATION OF CHAPATÍ: UNITING COMMUNITIES THROUGH FOOD.

Like its name suggests, Chapati Festival is a charity event that's about helping out venerable people in our community, like orphans, rehab centers, and correctional facilities, where we go play with them and eat with them to show them we care and make them smile, because they know they're loved and valued in their community.



What happens when you combine food and networking? Sounds delicious, doesn't it? Together with Better Me, we held our Chapati festival at Acheho children's home and rescue center. As it is our custom, we reach out to the vulnerable in the community with the goal of sharing a meal with them as we help them grow in their walk of life.

This time, we decided to take the Chapati to the village and we really had a good time, playing and interacting with the children and helping them navigate through life, teaching them on values that can help them grow.



BEYOND THE FIELD: BUILDING RESILIENCE AND EMPOWERING ADOLESCENT GIRLS THROUGH SPORTS.



Jijenge Youth Organization and Yago Starlets are partnering to empower adolescent girls through sports, discussions on sexual reproductive health, mental health, education, and environmental sustainability. By combining the power of sports with crucial conversations, we aim to equip young girls with the tools they need to thrive in all aspects of life.



Through football, we provide a platform for girls to challenge societal norms, build confidence, teamwork, leadership skills, and resilience. We also create a safe space for discussions on sexual reproductive health, addressing topics like menstrual hygiene, reproductive rights, family planning, and sexually transmitted infections. By breaking the stigma surrounding these issues, we empower girls to make informed decisions about their bodies and well-being.

Mental well-being is another critical aspect we focus on. Through mentorship programs, we foster resilience, self-esteem, and emotional intelligence, helping girls navigate the challenges of adolescence and build a foundation for a healthy future.

We also recognize the importance of environmental sustainability. Through tree planting campaigns, waste management projects, and eco-friendly initiatives, we instill a sense of responsibility and empower girls to become advocates for a greener, more sustainable world.

CONVERSATIONS THAT BRING CHANGE

We are big at conversations and our main aim is to ensure that we ensure that our voice is heard by everyone and that stakeholders are held accountable for their actions, our main aim has been to share Perspectives and Building Empathy: We have allowed people to share their experiences, beliefs and viewpoints, we have also been able to create awareness on different societal issues from governance to love and relationships not forgetting environmental and social justice.

We are also keen to learn from our partners where we have learnt about new ideas, knowledge and also listening to diverse opinions, which has encouraged critical thinking, and we have broaden our understanding on different issues.



When people engage in open and respectful dialogue, they can find common ground, build trust, and work together towards shared goals. By bridging divides and fostering cooperation, conversations enable collective action and drive societal change.

We have been able to change and influence policies that has changed and impacted communities. We believe to engage more future engagement that will be able to cause impact and help the society to be more proactive.



THURSDAY DIALOGUES: EMPOWERING DISCUSSIONS, TRANSFORMATIVE CHANGE.

Every Thursday has always been a wonderful day because it is a day spent with good people. The afternoon sessions with BETTER ME as a form of partnership that are often termed as our safe-spaces, are always thought-provoking and open-minded discussions that come from different aspects of life thus making us come together as Jijenge Youth Organization and Better Me to sit under a tree with a wide variety of topics to be discussed.



Among the things that are always discussed, they always appear to be accustomed to real life situations and what people are facing. The topics that are always discussed are assertiveness, healthy relationships, self-love and self-awareness, love and infatuation etc.

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EMPOWERING OURSELVES THROUGH WELLNESS ACTIVITIES

Each Wellness Friday is designed to offer a unique experience, catering to the diverse needs and interests of our youth members. Here are some of the empowering activities we engage in:

1. Food Therapy: As we all know, food is not just nourishment for the body; it can be a soulful experience to be shared by sharing meals that bring us together. Food therapy reminds us that taking care of our bodies can be a delightful and communal affair.



2. Music Therapy: Music has an enchanting ability to heal and uplift our spirits. During our music therapy sessions, we immerse ourselves in melodies that resonate with our emotions. Whether it's singing, dancing, or listening to soul-stirring tunes, we find solace and motivation through the power of sound.



3. Group Counselling/Talks: Open communication is the heart of our organization. Through group counseling and talks, we create a safe space for sharing our triumphs and struggles. At times we are joined by professional psychologists to offer guidance, inspiration, and valuable insights. Together, we build a support system that strengthens us individually and as a collective.

4. Walking in Nature/hiking: Nature provides an ideal backdrop for reflection and rejuvenation. We step outside our daily confines and embrace the beauty of the outdoors. Walking in nature allows us to appreciate the wonders around us while giving our minds the space to unwind and recharge.



5. Art Therapy: The creative spirit within us flourishes during art therapy sessions. Whether we express ourselves through painting, sketching, writing, or any other form of artistic expression, we discover new facets of our identity and nurture our imagination.



If you haven't joined our Wellness Fridays yet, we encourage you to take that step and experience the transformative power of self-care and communal support. Together, we can create a stronger, more vibrant community of empowered youth, ready to conquer life's challenges with confidence and compassion



PICTORIALS



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