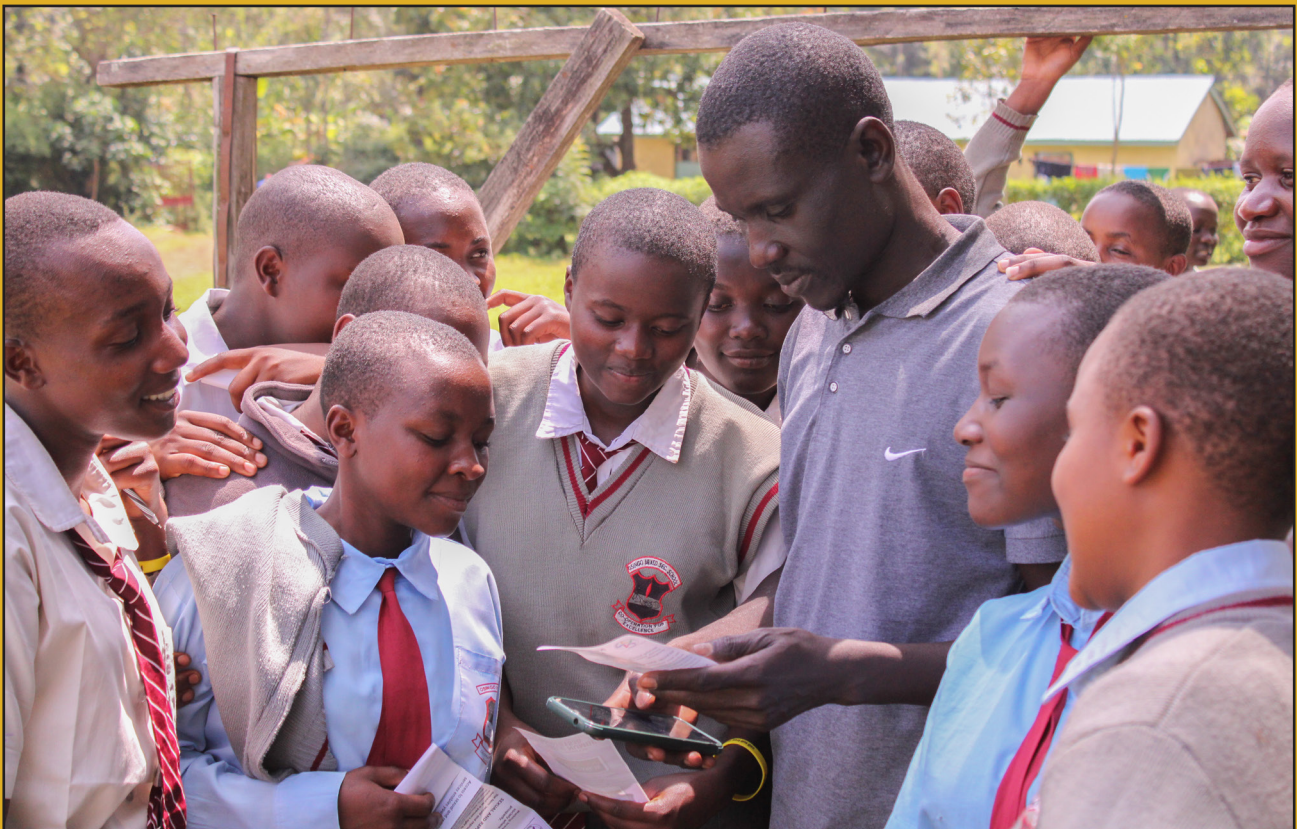


K-PEN NEWSLETTER

July-September 2025



Contact us today via Info@k-pen.org or Visit our Website on www.k-pen.org

Ms. Dolly Rajuai

This First edition marks a period of profound and strategic growth for our initiatives. This quarter, we have witnessed the powerful results of our integrated model which is : engaging youth in dynamic spaces like sports, fostering intergenerational conversations, and leveraging media to broadcast reliable information directly into homes. These results have been the catalyst for a tangible and positive shift across our communities.

The ultimate measure of our success is the courage we now witness: a young person confidently seeking health services, a coach empowering her team with knowledge, and a growing collective of champions advocating for the health and rights of their peers. These are the real-world outcomes of our shared mission.

My deepest gratitude goes to our dedicated K-PEN Team and Partners, Your unwavering commitment is building a sustainable ecosystem of support and knowledge in Migori. Together, we are creating a future where every individual is equipped to make informed choices and live free from stigma.

This is just the beginning of our story, and we are excited to share our journey with you. Remwmber to Look for our next edition with fresh updates in the coming quarter. The best is yet to come.

OUR CURRENT IMPACT

30,000 +	Reached Through Radio TalkShow
20,000+	Reached through Youth SRHR Tournament
8, 000+	Reached through Community Dialogues



K-pen Team and young Women and Girls during a community Dialogues

Amplifying Voices, Driving Change

The past 3 Months, has been defined by strategic expansion and deepening community integration for our SRHR initiatives. Moving beyond mere information dissemination, we focused on building a sustainable ecosystem of knowledge and support. We successfully navigated complex social landscapes, forging trusted partnerships from the grassroots level to the airwaves.

Our multi-pronged approach: simultaneously engaging youth in dynamic spaces, facilitating intergenerational community conversations, and broadcasting reliable information directly into homes. This Newsletter reflects on a period of significant growth, not just in

the numbers reached, but in the quality of engagement and the tangible shift towards empowered, informed SRH choices for young women, girls and youth in Migori.



Young Girls Posing for a Photo after community Dialogue

Monthly Radio Talk Shows



K-pen Team During Radio Talk Show



Our Monthly Radio Talk Shows have become a lifeline of reliable SRHR information, consistently breaking through barriers of geography and stigma to reach a vast audience in a media landscape often filled with misinformation. The talk shows feature expert guests, relatable panel discussions, and live call-in segments. It demystifies complex SRHR topics, from the basics of reproductive anatomy to the nuances of safe abortion services and gender-based violence. The interactive format allows us to address the specific, real-time concerns of our listeners, making the content immediately relevant and actionable.

the courage to visit a health clinic, negotiate safer sex, or support a friend in crisis. This is observed by community health service providers giving feedback. The radio show's reach and accessibility have made it one of our most powerful tools for normalizing conversations around SRH, ensuring that no one in our broadcast area has to face their challenges without access to accurate and compassionate information.

We have received countless testimonials from young people and adults alike who, after listening, gathered

How Men Involvement in Our Community Dialogues is Transforming Our SRHR Programme



Boys Participating in a community Dialogue

For the past few years, our SRHR information sharing efforts felt like an uphill battle. We were empowering girls, yet a crucial piece was missing. We worked tirelessly with young women and girls, but often found their progress hindered by deep-seated cultural and social norms, and a lack of support from the men in the community. The dialogue felt

one-sided, and the burden of change rested disproportionately on female shoulders.

But now, we are happy to see males also taking the lead as champions for SRHR health and equality. By intentionally inviting men and boys into the conversation, we've witnessed a powerful shift. Young men are now standing up in dialogues to explain to their peers why respecting a girl's choices is a sign of strength. Fathers are advocating for their daughters' education, health and wellbeing, understanding that their future is a family investment. Brothers are becoming protectors of their sisters' dreams.

This inclusive approach is the game-changer we needed. It's creating a community-wide safety net where young people, regardless of gender, are equipped with the same knowledge and values. The result? Stronger partnerships, reduced stigma, and a generation that is moving forward together. By empowering him, we are ultimately protecting her, and building a better future for everyone.

From the Pitch to Empowerment

As the coach of the Harvard Soccer Ladies in Migori, my world is defined by drills, tactics, and the pursuit of trophies. Yet, my most heartbreaking losses occurred off the pitch, watching promising athletes vanish from training after falling pregnant and their dreams abruptly ended. I felt powerless, equipped with only a whistle and encouragement to combat this deep-rooted issue.

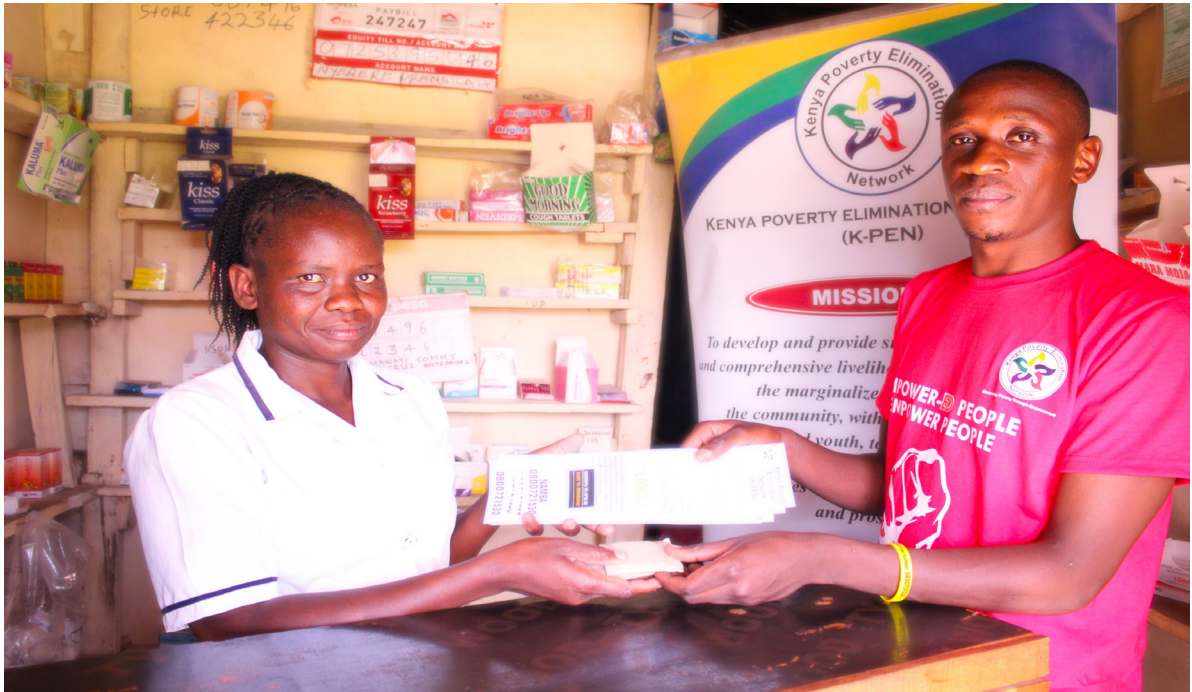


Youth Tournament In Migori

A pivotal transformation began when I underwent a training program with the Kenya Poverty Elimination Network (KPEN). This initiative equipped me with comprehensive knowledge on Sexual and Reproductive Health and Rights (SRHR). I learned to confidently discuss contraception,

consent, and the power of informed life choices. I returned to my team with a new mission: to empower the whole person, not just the player. Our training sessions evolved. Alongside footwork drills, we now hold candid conversations. The pitch has become a trusted, confidential space where girls can ask questions they can't pose elsewhere. This holistic approach has yielded our most significant victory. While we still compete fiercely in tournaments, the true success is the visible change in my team. They carry themselves with greater confidence, and fewer are dropping out of school. They are now actively shaping their own destinies, making empowered choices that protect their futures. My greatest pride is no longer a winning goal, but witnessing a young woman secure her dreams for a lifetime. The impact extends far beyond the final whistle. We have witnessed the emergence of youth champions—both male and female—who now confidently advocate for SRHR among their peers, breaking down long-held stigmas. The tournament is no longer just a sporting event; it is a proven model for engaging hard-to-reach adolescents.

Monthly Monitoring & Evaluation



Our commitment to data-driven programming is embodied in our rigorous Monthly Monitoring & Evaluation (M&E) system, which serves as the strategic compass guiding all our interventions. This is not a mere box-ticking exercise; it is an integrated, cyclical process of learning and adaptation. Each month, our field teams collect both quantitative data (attendance, service uptake) and qualitative feedback (success stories, challenges) from all programmes. This data is meticulously analyzed to answer critical questions: Are we reaching the right audiences? Is our messaging effective? What unintended consequences are emerging? The insights gained directly inform our monthly planning meetings, allowing us to pivot quickly—for instance, by reallocating resources to a high-demand area or refining a dialogue topic that provoked misunderstanding. This disciplined approach ensures accountability to our donors and community, but most importantly, it ensures that our programmes remain responsive, effective, and continuously optimized for maximum impact on the lives of our beneficiaries.

ACKNOWLEDGMENT

We extend our profound gratitude to all our partners. Your steadfast collaboration, shared vision, and unwavering commitment have been the driving force behind our recent achievements. It is through your partnership that we are successfully fostering a powerful, community-led movement for sexual and reproductive health and rights. Together, we are breaking down barriers, amplifying marginalized voices, and creating a tangible, lasting impact.



Eliminating Poverty Through Empowerment

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