

RHRP NEWSLETTER

WELCOME!

Hi! Welcome to the June issue of Empower Tanzania's RHRP Newsletter. It's been another busy month in all areas. Firstly all schools have been working hard to make time for the program, and all teachers doing a great job with teaching the content. Secondly, the Tanzanian Empower Tanzania staff have been travelling around, receiving feedback and catching up with schools about how the program has been going. We've received positive, encouraging feedback and things look like they are progressing well. Meanwhile, the American office, Dr Jeff, and the Tanzanian office are working together with various organisations, including the Rotary Club, to attempt to secure ongoing funding for the future of the program. Without this essential funding, the program cannot continue, so join me in wishing them the best of luck.



Hedaru primary



Mkombozi school



Makanya school



FOCUS: PREGNANCY

Pregnancy is the time during which one or more offspring develop inside a woman. Childbirth typically occurs around 40 weeks after the start of the last menstrual period (LMP). This is just over 9 months. It is a time that puts immense stress on a woman's body, and carries higher risks for adolescent mothers: there is a much higher risk of preeclampsia (high blood pressure and swelling) which is a leading cause for premature births, stillborn (dead) babies, and death of the mother from stroke, heart failure or severe bleeding after birth. Pregnancy is typically divided into 3 trimesters:

1st trimester is weeks 1-12. It is during this time that conception occurs (when the sperm fertilizes the egg). The fertilized egg then travels along the fallopian tube to the uterus where it attaches to form an embryo and a placenta. The placenta provides the growing embryo with nutrients and oxygen and removes waste. During this time, the risk of miscarriage is high: 85% of all miscarriages happen during the first trimester.

2nd trimester is weeks 13-28. During this time the fetus develops further - the organs are developing, the bones strengthening, and the mother may be able to feel the baby moving. The fetus also develops vernix caseosa (a white, protective, waxy coating), which helps prevent delicate skin from becoming chapped or scratched. Premature babies may be covered in this cheesy coating at delivery and this is normal.

3rd trimester is weeks 28-40. During this time the unborn baby is growing, gaining weight and the organs such as the liver and lungs are maturing. The baby will begin to recognize sounds and move more. Most babies will position themselves in the head down position late in pregnancy, which is the best position for birth. The baby is usually born between the 38th and 41th week of pregnancy.

FOCUS SECTION:

We want to focus on one topic each issue to provide additional information. These are picked at random, but if you have a request, please contact Jessica!



NOTES FROM DR. JEFF

I am impressed with the degree of support that the Reproductive Health and Relationships Program and the program teachers have from so many different parts of the community. It appears that the people in Same District fully understand how important the education is that you provide to the students in your classrooms. It must feel good for you, as teachers, to have such support.

The list of organizations and leaders is long, but a summary includes the Rotary Club of Same, District Commissioner, District Medical Officer, Roman Catholic and ELCT Bishops, Same District Sheikh, Compassion International, Same Counseling Foundation, Transform International, WID/GID (Women in Development, Gender and Development), MEJAC (Mama Jamaii Comprehensive Development Initiatives) and Empower Tanzania among others.

The Empower Tanzania community workers in its health education programs tell us that the parents and other community members are some of your strongest supporters. The community workers teach reproductive health and relationships topics as part of their public health education efforts and they have been impressed by the positive response to these topics from the community.

Your involvement as educators for the students is a core component of the RHRP. It warms my heart to see that so many people in Same District recognize the importance of what you are doing for their children and the community.



FREQUENTLY ASKED QUESTIONS

Q: I've heard of the term 'grooming'. What exactly does it mean?

A: Grooming is when someone builds an emotional connection with a child to gain their trust for the purposes of sexual abuse, sexual exploitation or trafficking. Children and young people are at risk of grooming both face-to-face and online. They may know the person, such as a family member or a professional, or they may be a stranger. Groomers may be male or female. Many children do not understand that they have been groomed and therefore not see that they are being abused.

Q: What is the difference between sexual abuse and sexual exploitation?

A: Child sexual exploitation is a type of sexual abuse. It is an illegal activity by people who have power over children and use it to sexually abuse them. There is a wide range of types of exploitation and often children will receive something in return, such as money, gifts, drugs or alcohol.



YOUR STORIES ...

"Before the program it was very difficult for me to use direct language especially when talking about different parts of the body. I was feeling shy but the program helped me to talk directly and mention everything in its original name, I have gained confidence and now I can mention any part of the body directly without feeling shy.

Also this program helped me a lot to know the importance of using direct language when talking to students and children."

HERRY RAPHAEL WANDELAGE



Herry Raphael Wandelage teaches at Kisiwani Secondary School.

My name is Herry Raphael Wandelage. A teacher from Kisiwani Secondary School, in Same district Kilimanjaro region. I hold a diploma certificate in Education – English and Swahili subjects from Morogoro Education Collage. I have participated in the training from Empower Tanzania organization regarding Reproductive Health and Relationship which was conducted in Same town for four days, Sept. 2018. The purpose of this training is to help youth reduce or eliminate transmission of STD, teenager pregnancies, and other problems related to lack of knowledge of reproductive health and relationship.

After the training I take this education back to the teachers and students in my school, and they were happy and enthusiastic to learn about it. The student are now more open and can speak out when they need help, the thing which is very different before the training, they were very shy and secret. In short reproductive health and relationship is a very vital and important knowledge in our community, it is my request to the government and Empower Tanzania Organization to empower us more so we can reach more people.

SPOTLIGHT:

We want to know about you! We would like to include a spotlight section on someone new each month. Send us your stories of teaching the sessions and a little bit about you ... you could see yourself here next issue!

OTHER EMPOWER TANZANIA PROGRAMS...

In this section, we want to let you know about some of the other work Empower Tanzania is doing. You are now a part of something much bigger.

Improving Women's Health Program

Empower Tanzania has trained one woman from each ward of Same District to serve the role of community health educator (CHE) for the public health education program called Improving Women's Health Program. These women give presentations to their fellow community members on topics including safe water, nutrition, HIV/AIDS, malaria prevention, family planning, gender-based violence, albinism, Ebola, puberty, superstition, cholera, reproductive health and relationships, puberty, menstrual periods, nutrition and other pervasive health problems.

The presentations include videos projected by battery-operated projectors, as well as demonstrations and group participation. The 33 trained community health educators in the program give presentations to over 20,000 participants per month, about one-third of which are men. The CHEs received bicycles last year from donors around the world to help with movement from village to village while giving their presentations. The program began in 2013 and the effectiveness has already been documented in several ways. Not only have surveys demonstrated improved knowledge and changed attitudes in the presentation participants, but also surveys of the 269,000 people in Same District showed similar significant changes among the entire Same District population.



Pictured above are Community Health Educators at a training in Same last May.

MEET THE TEAM

In this part of the newsletter, we would like to introduce you to the team, one person at a time. This issue features Efrancia Nzota.

EFRANCIA NZOTA

Health Programs Manager



Efra has been program manager in Improving Women's Health Program (IWHP) for six years, but is also a program facilitator for the Beyond Gender-Based Violence program and the Community Hospital Alliance Program. Before being hired by Empower Tanzania, she worked with World Vision in child sponsorship programs. She is currently the Health Program Manager for Empower Tanzania, which means she has been heavily involved with the development of the Relationships and Reproductive Health Program, among others.

Efra enjoys project planning and management, which includes budgeting, developing implementation plans, report writing and she enjoys working with a wide range of people.

CONTACT US:

If you have a comment or suggestion about the newsletter, please email Jessica at jhaw1@gmail.com with the subject title "Newsletter."

If you need any help with a teaching issue, please contact Catherine at catherinewales17@gmail.com or Yoeza at yoeza1mnzava@gmail.com



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