



PRINCESS'S VISION BOARD.

To be a lawyer & a writer has always been the dream. One would ask why Law, because I love to win.

- Go to university of Ghana to pursue Law.
- Work hard and be called to the Bar.
- Travel worldwide and explore.
- Perceive and make it because;

"The best revenge is massive success." -Frank Sinatra

• Work hard, Learn smart and make the grades.

• Open accounts

• Be an independent woman.

Road to destination.

• Build mansions worldwide

• By age 26, I must be a married woman with (3) three children.

• Give my children and family the best and comfortable life they could ever think of.

• Invest in estate development

Self-actualization.

GHANA SCHOOL OF LAW

GHANA BAR ASSOCIATION

Love to win because:

"Challenges are what make life interesting and overcoming them is what makes life meaningful." -Joshua J. Marine

Will persuing Law writing could be attached because it makes me so happy.

...do something worth reading... do something worth writing. - Benjamin Franklin

TESTA TOWN

GEM-BLUETOWN PARTNER TRAINING SERIES PROJECT REPORT.

28TH FEBRUARY, 2023

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Report designed by GEM Fredrica

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GIRLS EXCELLENCE MOVEMENT

WHO WE ARE:

GEM is a registered, volunteer-driven non-profit organization that inspires, educates, mentors and informs to transform girls into women of substance and transformed leaders.



Our programs impact the UN Sustainable Development goals 3, 4, 5, 10 and 17 respectively.

We are generation Equality Champions.



Capacity Building

We teach girls valuable soft skills for achieving excellence through our Inspiration-On-Wheels program.



Mentoring

We inspire girls through story sharing to aspire to leadership in all spheres of life.



Advocacy

We engage in menstrual hygiene and gender equality advocacy and distribution of sanitary pads.



Activism

We run programs to create awareness against sexual assault, gender based violence, period poverty, sexism, objectification of girls etc.



1.0 INTRODUCTION

Girls Excellence Movement – GEM visited Oda Senior High School on 30th September, 2023. With the collaboration of ODASCO 2002 year group, we carried out capacity building for 1300 girls on our training dubbed ‘Inspiration-on-Wheels (IOW)’ aimed at inspiring girls to aspire to leadership, build confidence and develop skills. The report provides an update of the training that happened at Oda Senior High School. The program was highly educational and properly organized.

KEY DETAILS

- Total number of planned participants - 1,350 Girls, 35 Resource persons and Technical crew.
- Total number in Attendance - 1,300 Girls, 45 Volunteers/Resource Persons 15 teaching and Non teaching staff of Oda Senior High School.

3.0 PROJECT ACTIVITY OVERVIEW

SUMMARY

- Project Venue: Abuakwa State College, Kyebi, Eastern Region
- Date: 18th February, 2023
- No. of planned participants - 500 Girls and 28 Team of resource persons and Crew
- Total in attendance - 442 Girls, 35 volunteers and 12 teaching staff of the school.
- No. of Vehicles Planned - 2, No. of vehicles Used: 2

ACTIVITY SESSION

1. Plenary Session
2. Breakout Session
3. STEM Session
4. Closing Ceremony



3.1 PLENARY SESSION



The program was held in two sessions: Plenary and Focus Group/Breakout Session.

1. The plenary session consisted of three resource persons who took 442 girls who fully participated through three different topics namely, Online safety facilitated by GEM Aaron Lawson, Menstrual Hygiene Education by GEM Belinda Dogbatse and Financial Literacy, facilitated by GEM Jennifer A. Osei.

TOPIC

OBJECTIVE

OUTCOME

GEM Aaron Lawson and Audrey Gyamfi gave more details on Online safety during the breakout session.

Introduce participants to online safety tips and stimulate their interest in the use of the digital space

After the session, the participants were able to identify tools that will help them stay safe and productive online.

GEM Belinda Dogbatse explained more on menstrual hygiene to the participants during the breakout session

Teach girls safe products to use during periods and how to be hygienic during menses.

Girls learnt how to use other safe products during periods and stay hygienic during periods.

GEM Jennifer A. Osei gave details on Financial literacy during the breakout session.

To teach participants with the knowledge and skill to manage money effectively

Participants were equipped with the knowledge and skill to manage money effectively

3.2 FOCUS GROUP SESSION

The girls were divided into 14 groups for the Breakout Sessions. Each group had one hour and thirty minutes of engagement with resource persons who treated specific topics selected from the GEM curriculum.

TOPIC	OBJECTIVE	OUTCOME
Vision Board Creation by GEM Melody Ofori	Teach participants how to create a personal vision board for themselves to inspire them to study and work hard towards their future.	The participants were able to create their own vision boards and gave details to the process of achieving their vision.
How to study effectively by GEM Gloria Opoku Darku	Introduce participants to 5 tried and tested effective learning strategies	After the training the participants were able to design their personal learning SMART goals, study plans and timetables.
Emotional Intelligence by GEM Trudy	To teach participants how to manage their emotions in order to help them to effectively manage a healthy relationship with others.	In a group discussion, the participants revealed they learnt the strategies for communicating their emotions and have gained knowledge on how to manage their emotions.
Career choices by GEM Perez S. Ahadjie	To provide career guidance and counselling to help participants identify opportunities available to them.	The participants who partook in this session were able to explore their potentials, academic interests and skills which helped them to identify their career path.
STEM (Air Pressure) Experiment by GEM Sedem Ahoto	To teach participants how to make water dispenser using the principle of air pressure	Participants understood the principle and were able to make water dispensers themselves.
Building Confidence by GEM Samira Lahadi	Introduce participants to practical approaches to building their confidence.	Participants were able to share their understanding of the subject and list 10 traits about themselves during a peer review session.

FOCUS GROUP SESSION CONT'D

TOPIC	OBJECTIVE	OUTCOME
STEM (Density) Experiment by GEM Margaret Hussey	To teach participants about density in a scientific experiment and to also inspire them into the scientific field.	Participants were able to do their own density experiment and were inspired to take up careers in the scientific field.
Building Self Esteem by GEM Anita Dankwa	To teach participants how they can develop their self-esteem in order to boost their confidence.	After the training, participants were able to identify ways they can boost their self-esteem and stay confident always.
Sexual CONSENT by GEM Adzo Dzebu	To educate participants about their sexual rights, choices, body autonomy, and boundaries regarding sexual consent.	The girls learnt that their voices matter. In a peer review session, they discussed what constituted harassment and how to set boundaries and respect the boundaries of others.
Self Development technology by GEM Celestine	To introduce participants to careers in the technology field, share stories of women and girls excelling in the technology field.	Participants were inspired to take up careers in the technology field.



3.3 STEM ACTIVITIES

The GEM STEM Module is aimed at breaking the stereotypical fears holding girls back from the STEM. During this outreach, Thirty (30) girls drawn from all the other disciplines of the school, including those from the science class participated in the STEM activities focused on breaking all the myths and stereotypical fears around STEM and its related subject areas and also inspiring and stirring up the interest of girls to take up careers in STEM. There were 5 girls in each group for 2 distinct sets of experiment and STEM challenges covering the Science, Engineering and Mathematics, courses in Abuakwa State College.



WATER DISPENSER CHALLENGE



DETAILS OF THE CHALLENGE

Ms. Sedem Ahoto, a GEM-STEM Mentor introduced the team of 20 girls to the water dispenser project. She presented her team with the problem of the day and guided them on how to solve the challenge. In attempting to find the solution to supply either hot or cold drinking water to hospitals in their communities, they designed a water dispenser which they warmly named, the Voltic Water Dispenser. The girls re-used waste materials like cartons, empty Voltic water bottles and straws to build the dispenser using the **Principles of Air Pressure**. The girls were exposed to the concept of how water flows through taps, fountains and water dispensers to demonstrate the concept of atmospheric pressure in physics. The also learnt teamwork and problem solving skills.

DENSITY EXPERIMENT



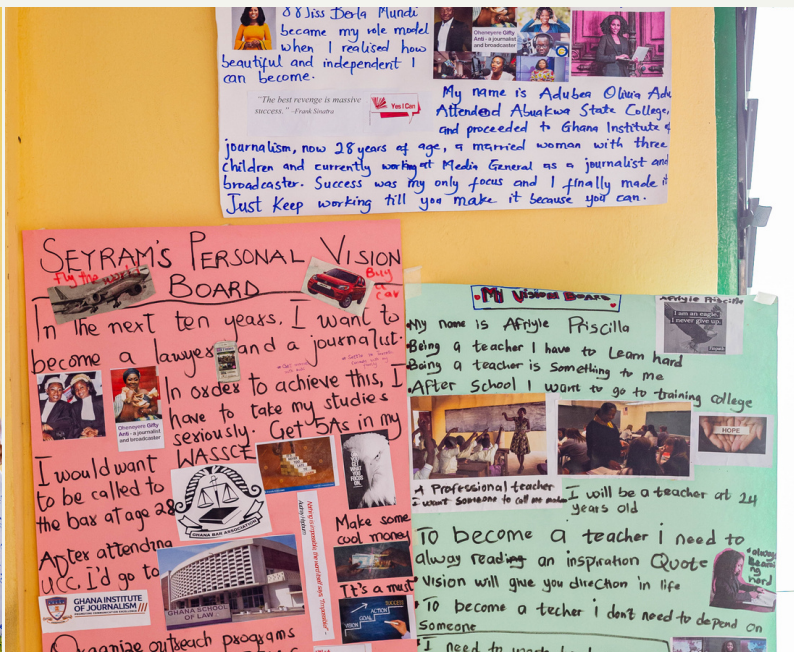
DETAILS OF THE DENSITY EXPERIMENT

Ms. Margaret Hussey, a GEM-STEM Mentor introduced the team of 10 girls to the density experiment. She presented her team with the problem of the day and guided them on how to solve it. The experiment used different types of liquids such as food colors, water and cooking oil. To determine which is more dense, participants did their experiment and found out that lighter liquids have less density than heavier liquids hence they separate from each other and the light liquids float on top of the heavy ones. In the end, they created what they called, The Floating Colour Waves.



VISION BOARD CREATION

The aim of the Vision Board Activity is to help participants develop a clear understanding of what they want to achieve in life. Before the start of the activity, the girls were taken through an hour interactive training on strategies to identify and develop their vision. By the end of the training session, Mrs Melody Ofori, a Project Management professional guided the Girls to develop their own personal Vision Boards, Set SMART Goals, Prepare visual and realistic plans to keep them focused for the future.



PHOTOS FROM OTHER FOCUS GROUP SESSIONS



Focus Group Session on Menstrual Hygiene Education



Focus Group Session on Online Safety



Focus Group Session on Building Self-esteem



Focus Group Session on Confidence



Focus Group Session on Sexual CONSENT



STEM (Water Dispenser) Challenge

PHOTOS FROM OTHER FOCUS GROUP SESSIONS



Focus Group Session on Emotional Intelligence



Focus Group Session on Online Safety



Focus Group Session on Career Choices



Focus Group Session on Financial Literacy



Focus Group Session on Vision Board Creation



STEM Experiment on Density

4.0 CONCLUSION

In summary, the capacity building outreach under the partner training series at ABUSCO on the second visit was highly successful. The key results achieved are as follows:



6.0 OUTCOMES



1. Engaged and mentored 1300 girls to aspire to leadership.
2. We trained 1300 girls about their menstrual health and how to dispose used sanitary products.



3. Distributed 1400 packs of sanitary pads to enable girls stay clean, comfortable and confident during their menstruation.



4. Conducted surveys for 1300 girls to gather data for reports that can potentially influence policy in the interest of girls in future.



5. Stirred up the interest of 20 girls and broke some myths they held about STEAM subjects.



6. Collected 1300 signatures to petition government to eliminate all taxes on sanitary pads in order to make the essential commodity affordable for girls.

TESTIMONIALS FROM PARTICIPANTS CONT'D

This programme is there for girls like me, I have learnt alot.

Hillary Godswill, a 13 year old participant.



I have learnt so much about the Menstrual hygiene, so i thank you very much.

Angela Botchway, a 14 year old participant.



The GEM Team inspires and motivates girls to aim higher in life.

Farida Issifu, a 15 year old participant.



PHOTO COLLAGE



7.0 ACKNOWLEDGEMENT

We wish to appreciate BLUETOWN for the commitment to the partnership. We also acknowledge the contributions of the people who worked tirelessly on the project. Thanks to their passion and commitment, our collective commitment to transforming girls into change leaders is on course. Below is a list of individuals and organization who made the project successful.

Bluetown Team

- Peace Delali
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- Ashley Faler, USAID
- May Hui, Development Alternatives Incorporated (DAI)
- Stephanie Ashley, The Hunger Project
- Francis Osei Mensah, The Hunger Project
-

External Resource Persons

- Ms. Sedem Ahoto
- Ms. Esi Akagbo
- Ms. Jennifer Achaa Osei

GEM Mentors/Resource Persons

- GEM Juliana Ama Kplorfia
- GEM Mavis Esenam Agbenyo
- GEM Perez Ahadjie
- GEM Adzo Edem Dzebu
- GEM Melody Ofori
- GEM Belinda Dogbetse
- GEM Aaron Lawson
- GEM Getrude Agble
- Ms. Samira L. Mohammed
- GEM Audery Gyamfi
- GEM Gloria Opoku Darko
- GEM Margaret Hussey
- GEM Sedem Ahoto
- GEM Anita Dankwa
- GEM Celestine Dotse
- Ms. Esi Mensah
- Ms. Jennifer Achaa Osei
- Ms. Blessing Walter Fuch
- GEM Fredrica N. K Cudjoe

GEM MEDIA AND TECHNICAL TEAM

- GEM Gideon Anim, Videographer
- GEM Michael Eshun Yawson, Videographer
- GEM Joseph Koranteng, Photographer
- GEM Elvis Amofo, Assistant Sound Technician
- GEM Emmanuel Dzorkpe, Assistant Sound Technician
- Mr. Owuradu Worfa Nkansah, Assistant Technician
- Mr. Raymond Anim, Assistant Videographer
- Mr. E. T. Wayo, Driver
- Mr. George Amofo, Driver
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Supporting Sponsor

- Voltic Mineral Water

Individual Donors

- Mrs. Lys Hayfron-Asare
- Mrs. Stella Adjei Acheampong



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