

GEM MARCH WORKSHOP OUTREACH REPORT



23RD MARCH, 2023

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Report designed by GEM Fredrica



GEM
GIRLS
EXCELLENCE
MOVEMENT

INTRODUCTION

At Dr. FV. Nanka Bruce Junior High School, the Girls Excellence Movement - GEM made a stop on March 23, 2023. With the goal of encouraging girls to aspire to leadership, gain confidence, and develop entrepreneurial skills, we conducted capacity building for 121 girls participating in our training series program called Inspiration-on-Wheels (IOW). This report offers an update on what transpired at School. Having all of the female students in attendance fully participate made the program successful.

KEY DETAILS

No. of planned participants: 75 Girls and 20 Team of resource persons and crew

Total in attendance: 121 Girls, 25 volunteers and 4 teaching staff of the school.

Number of vehicles used: 1



PROJECT ACTIVITY

Two sessions of the program were held: A plenary and Breakout session. A total of three topics were covered in the plenary session: GEM Adzo Dzebu educated the girls about responsible Sexual Behavior, GEM Smart taught them on Time Management.

The Session led by GEM Julia finally brought the Plenary session to a close with a lesson on Myth Busters.



FOCUS GROUP SESSIONS

The girls were divided into 8 groups for the Breakout Sessions. Each group had one hour and thirty minutes of engagement with Resource persons who treated specific topics selected.

TOPIC	OBJECTIVE	OUTCOME
Time Management facilitated by GEM Smart Takyi Nixon	To teach participants the discipline of managing time.	After the session, participants learnt and understood the topic and identified ways they can make profitable use of time.
Confidence Building by GEM Odamea	Provide participants with useful strategies for enhancing their Confidence.	Participants were able to discuss their understanding of the topic and list ten personal qualities.
Managing Peer Pressure by GEM Fauzy	To teach girls advice how to handle the different forms of pressure friends they may encounter along with actionable steps to deal with each one.	Participants were able to describe peer pressure and come up with strategies to manage peer pressure.
Confidence Building by GEM Maame Afua	Introduce participants to practical ways they can grow their confidence.	Participants were able to share their understanding of the subject and could identify ways to build their Self-Confidence.
Menstrual Hygiene by GEM Belinda	To explain some misconceptions concerning periods and teach girls safe products to use during periods .	Girls learnt how to use other safe products during periods and stay hygienic during periods.

BREAKOUT SESSION CONT'D

TOPIC

OBJECTIVE

OUTCOME

Building Confidence
by Malise Cullen

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.

Responsible Sexual Behaviour
by GEM Adzo

To teach participants to boldly say NO to harassment and beware of negative effects of engaging in irresponsible sex behaviour.

Participants were encouraged to focus on their education and avoid influences that try to lure them into early sexual activity.

Gift Bag Creation
by GEM Sedem

To teach girls how to make a gift bag.

Each participant made a bag each and were encouraged to keep practicing so that they can earn income during the holiday.



GIFT BAG CREATION

The gift bag creation activity was coordinated by GEM Sedem and GEM Fredrica. They guided the girls to make gift bags as seen in the photos below. Participants were trained to learn the skill so they can generate income for themselves during the vacation. Item used included Brown papers, ropes, Shiny stickers, paper glues, scissors, rulers and perforators.



HIGHLIGHTS FROM OTHER SESSIONS



Focus Group Session on Menstrual Hygiene



Focus Group Session on Time Management



Focus Group Session on Confidence Building



Focus Group session on Gift Bag Creation



Focus Group session on Confidence Building



Focus Group Session on Managing Peer Pressure



Focus Group Session on Responsible sexual Behaviour



Focus Group Session on Confidence Building

TESTIMONIALS

1. *"I want to thank you for this program, i have learnt so many things that i did not know"* a 13 year old participant.

2. *"Yes GEM, I would like to tell you that you have really helped and inspired me a lot."* a 14 year old participant.

3. *"I want to be a GEM member to teach and inspire young girls like me"*. Aishatu Abdulai, a 14 year old participant.

4. *"What I would like to say to Girls Excellence Movement is that they should keep on with the job they are doing and should also continue advising teenagers on how to be confident."* Monica Ashitey, a 13 year old participant.

KEY OUTPUT OF THE SESSION



1. Engaged and mentored 121 girls to aspire to leadership and taught them about their menstrual health.



2. Distributed 144 packs of sanitary pads to enable girls stay clean, comfortable and confident during their menstruation.



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



4. Conducted surveys for 121 girls to gather data for reports that can potentially influence policy in the interest of girls in future.



5. Collected 121 signatures to petition government to eliminate the all taxes on sanitary pads in order to make the essential commodity affordable for girls.

PHOTO COLLAGE



ACKNOWLEDGEMENT

We wish to appreciate the contributions of the people who worked tirelessly and the company who gave out on the project. Thanks to their passion and commitment to transforming girls into change leaders. Below is the list of individuals who made the project successful.

GEM MENTORS / RESOURCE PERSONS

- GEM Smart Takyi Nixon
- GEM Odamea
- GEM Efua
- GEM Fabuzy
- GEM Bel
- GEM Sedem
- GEM Adzo
- GEM Juliana Ama Kplorfia
- GEM Mavis Esinam Agbenyo
- GEM Malise Cullen
- GEM Fredrica
-

TECHNICAL TEAM

- GEM Gideon Anim, Videographer
- GEM Michael Eshun Yawson, Videographer
- GEM Joseph Koranteng, Photographer
- .GEM Simon Ahuzey - Sound
- GEM Elvis Amofo, Assistant Sound Technician
- GEM Emmanuel Dzorkpe, Assistant Sound

- Technician Mr. Owuradu Worfa Nkansah, Assistant Technician
- Mr. Raymond Anim, Assistant Videographer
- GEM Edem
- Mr. E. T. Wayo, Driver

Supporting Sponsor

- Voltic Mineral Water



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