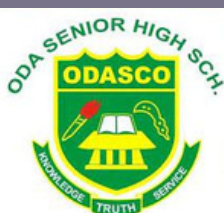


GEM SEPTEMBER OUTREACH PROJECT REPORT



30TH SEPTEMBER, 2023

Our proud Water Sponsor
VOLTIC GHANA LIMITED



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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.



2.0 ACTIVITIES

For the Plenary Session, GEM Jennifer educated the participants about Financial Literacy and GEM Smart also trained the girls on how to study effectively. The plenary session was educational and informative. It served as an opportunity to address general concerns of the participants.

3.0 BREAKOUT SESSION

The girls were divided into different Focused Groups for further discussions on specific topics such as Financial literacy, Building Confidence, Menstrual Hygiene Management, STEAM Activity etc.

Trainer	Topic	Objective	Outcome
GEM Samira	Building Confidence	To introduce participants to practical approaches to building their confidence.	Participants were able to share their understanding of the BEWARE concept during a peer review session.
GEM Sedem	STEAM	To teach participants how plastic waste bottles can be recycled into new and useful Pen and Pencil holders.	Participants understood the activity taught and were able to create Pen and Pencil holders out of plastic bottle wastes.
GEM Bel	Menstrual Hygiene Management	Teach girls how to manage themselves during their periods and educate them on how to use and dispose off used sanitary products.	Girls learnt how to stay hygienic and use sanitary products during menstruation.
GEM Julia	Vision Board	Teach participants how to create a personal vision board 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 about achieving their vision.

3.0 BREAKOUT SESSION CONT'D

Trainer	Topic	Objective	Outcome
GEM Sena	Positive thinking	To help girls develop positive thinking strategies to help them develop better psychological and physical well-being that will drive positive results and excellence in their individual life pursuits.	The girls learnt how positive thinking can help them learn better, focus on things that matter and help them avoid negative self-criticisms and doubts.
GEM Margaret	Personal Hygiene	To teach participants hygienic practices that contributes to their overall health and well-being	After the session, the participants were able to identify practices that will ensure their general well being.
GEM Jennifer	Financial Literacy	To teach participants the knowledge and skill in managing money effectively	Participants were equipped with the knowledge and skill in managing money effectively.
GEM Odamea	Building Confidence	To increase the confidence of participants and help them in developing a more positive personality.	Participants were able to develop techniques for eliminating unhealthy thought patterns and replacing them with positive patterns to increase their Confidence.

3.0 BREAKOUT SESSION CONT'D

Trainer	Topic	Objective	Outcome
GEM Smart	Studying effectively	To teach participants the different ways they can study to do well in class.	After the session, participants were able to identify ways to effectively study.
GEM Peter	Healthy Relationship	To help participants identify characteristics of healthy and unhealthy relationships	Participants were equipped with the knowledge to identify relationships healthy for their general wellbeing.





4.0 STEAM ACTIVITY

The STEAM session was facilitated by GEM Sedem. She engaged 20 participants in a practical demonstration of recycling domestic plastic bottle wastes into usable Pen and Pencil Holders. The girls were put into five different groups to carry out the Art session. Firstly, GEM Sedem led the whole team through a trial then she supervised each group to successfully make their own Pen and pencil holders using items such as empty plastic bottles, cardboard, scissors, glue guns, glue sticks, markers and rulers. At the end of the trials, all five groups were able to make beautiful pen and pencil holders with the readily available materials.

The aim of the session was to show how some plastic wastes can be recycled into new and useful items. The session helped them gain an understanding of waste management and recycling, as well as improve on their problem-solving and creative skills.

5.0 HIGHLIGHTS OF SESSIONS



Group session on Positive Thinking



Group session on Studying Effectively



Group session on Menstrual Hygiene



Group session on Vision Board



Group session on STEM



Group session on Confidence Building



Group session on Confidence Building



Group session on Healthy Relationship



Group session on Financial Literacy



Group session on Personal Hygiene



Group session on STEM



Group session on Menstrual Hygiene

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.

7.0 TESTIMONIALS

I would like to say that I thank you for all these wonderful and inspirational time you had with us.

A 16 year old participant

Continue with the good job. You are helping the young ladies.

A 17 year old participant

We are very grateful for everything you have done for Oda Senior High School and for giving us to the opportunity to be taught the way of success.

A 16 year old participant

A very big thank you for your support to make us great girls.

A 17 year old participant

They should keep educating and advising girls to be excellent in future.

A 16 year old participant

8.0 GALLERY



9.0 ACKNOWLEDGEMENT

Our profound appreciation to Voltic Ghana Limited for the commitment to the partnership.

We also express our gratitude to the contributions of donors and the volunteers who worked tirelessly on the project. Thanks to their passion and efforts, our collective commitment to transforming girls into change leaders is on course. Below is the list of individuals, Group and company who made the project successful.

SUPPORTING SPONSORS

- Voltic Mineral Water
- ODASCO 2002 YEAR GROUP

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- GEM Juliana Ama Kplorfia
- GEM Mavis Esenam Agbenyo
- GEM Belinda Dogbatse
- GEM Sedem Ahoto
- GEM Sedinam Ahoto
- GEM Osborn Degraft Johnson
- GEM Olivia Degraft Johnson
- GEM Odamea Amoako
- GEM Margaret Hussey
- GEM Peter Partey
- GEM Smart Takyi Nixon
- GEM Jennifer Achaa Osei
- GEM Emmanuella Akyemah Ntoni

GEM FUTURE GENERATION

- Ms. Kayla Agbesi
- Ms. Bless Kuwornu
- Mr. Jayden Kennard Davidson
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GEM MEDIA AND TECHNICAL TEAM

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- GEM Michael Eshun Yawson, Videographer
- GEM Joseph Koranteng, Photographer
- GEM Elvis Amofo, Assistant Sound Technician
- GEM Emmanuel Dzorkpe, Assistant Sound Technician
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- Essel Shunammite
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- Bortier Georgina Borley
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- Opare Stephaney Adobea
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- Janet Akator
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- Portia Ofusuwaa
- Ashley Ama Albertha
- Amoah Fosuah Lordina
- Asante Priscilla Sucess
- Essel Panyin Mary
- Gloria Tetteh
- Kyei Joana
- Osei Bonsu Tracy
- Obeng Sandra
- Dogbe Jennifer
- Melody Nader
- Boakye Venolia Beatrice
- Aido Erica
- Amoah Selina
- Wereko Gloria
- Kwaasibea Elizabeth
- Owusua Esther
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- Awudi Ruth
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- Grant Bernice
- Offei Keziah
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- Ababio Precious
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- Aseidu Ampofowaa
- Asare Patience
- Hawa Baba
- Anastasia Osei
- Emefa Grace
- Victoria Tackie
- Yaa Kwakyewaa Asamoah
- Ankomah Debbie Akua
- Ayishatu Hameed
- Larbi Oboubi Leticia
- Comfort Boni Elikplim
- Asare Adwoa Botantim
- Owusu Michelle
- Larbi Oboubi Leticia
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- Gifty Nortey
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- Owusu Serwaa Precious
- Mensah Vanessa
- Asiedu Beatrice Ampomah
- Amuzu Vivian Yovo
- Nyarko Patience
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- Gadri Josephine
- Elizabeth Kudzonu
- Owiredua Beatrice
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- Anita Afriyie Larbi
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- Aba Gyesiwaa Batsie
- Sefah Clara
- Ototra Dorothy
- Operebea Vida
- Sakyi Adwoa Pinamang
- Queenstar Ankomah
- Whitney Ankomah
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- Pascallin Anim
- Charis Bortsie
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- Smith Patience Ama Kuorkor
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- Ankomah Debbie Akua
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- Mensah Georgina
- Nyarko Francisca
- Agyeiwaa Sandra
- Amoako Esther
- Teye Mensah Patricia
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- Owusuaa Francisca
- Adwoa Tweneboa
- Priscilla Addo
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- Maame Esi Ansah
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- Essuman Faustina
- Nana Takyiwa Kezia
- Aidoo Priscilla
- Anita Andoh
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- Dadoho Peace
- Awuku - Darkwa Patricia
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- Buatsi Mabel
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- Getrude Adoma
- Nana Adwoa Dwamena
- Sarpomaa Nkansah Lois
- Akusika Ezech
- Mensah Vivian
- Charity Oduro
- Sackey Gwenthlyn Amakyewaa
- Addo Lordina
- Mensah Ruth Frimpoman
- Keren Lorlornyo
- Boadi Sandra
- Umar Sherifa
- Moffatt Erica Naa Adoley
- Dwamena Sefa
- Sharifatu Adama
- Kumi Alisha
- Appiah Benedicta Pinamang
- Umar Ameera
- Nana Abena Yeboah
- Princess Serwaa Gyamfi
- Danso Afia Esther
- Jennifer Akorley
- Osabutey Wilhelmina
- Adwoa Agyeiwaa
- Baah Nanietta N.A.
- Abubakar Aisha
- Jennifer I-Na Akomaning Aidoo
- Isabella Denumé
- Kezia Opoku
- Regina Agyeiwa
- Sam Ama Josephine
- Adjei Vida
- Owusuwaa Blessing
- Yvonne Mensah
- Venolia Amegbor
- Theresa Akorkpe
- Beatrice Adjoa Apem
- Roberta Amankwah
- Deborah Osei
- Obiri Naomi Yeboah
- Owusuaah Juliet
- Mercy Atwei
- Ameyaw Rosemond
- Francisca Agyekum
- Amo Regina Gyankoma
- Firdaus Abubakar
- Kwakye Emirald
- Amarah Augustina Amerley
- Debrah Bridget
- Bridget Otoo
- Debrah Darkoh
- Sandra Nana Yaa Anim
- Nana Afua Adutwumwaa
- Esther Akua Mintah
- Otioku Regina
- Bernice Appiah
- Beatrice Odoom
- Djan Benedicta Mantebea.
- Asomani Irene Agyeiwaa
- Coffie Naa Merley
- Nyira Owusu
- Oppong Audrey Darkwaa
- Adobe Ernestina
- Doris Tagoe
- Kwakyewaa Juliet
- Asiedu Mariam Agyin
- Kagawa Halifa
- Apasiwuna Mary
- Awukyewaa Nancy
- Amoo Celestine
- Afedzi Grace
- Ntiamoah Olivia
- Constance Koranteng
- Lartey Stephanie Adaki
- Okyere Mabel
- Kontoh Alice
- Blessing Dzigbordi
- Lartey Precious
- Oduraa Patience
- Jessica Addo
- Fatimatu Yahya
- Vitasi Racheal
- Maa Adjoa Frimpomaa
- Monica Abotuwere
- Gyimaah Philomina
- Armah Mary
- Nana Afua Abban
- Tetteh Salomey
- Antiri Thelma
- Alberta Boateng
- Ampomaa Gifty
- Erica Naa Makorley
- Lilian Kwapong
- Bimpomah Yvonne
- Ruthina Yaa Frimpomaa
- Ofori Shirley

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- Danquah Essilfie Josephine
- Aidoo Christabel
- Tortime Patience
- Aweley Addo
- Abbey Joanita
- Annor-Kyei Cinderella
- Essel Selina
- Obrempong Akosua Blessing
- Samuellina Mensah
- Naa Kotei Kotey
- Adjei Nimo Erica
- Agyei Nhyiraba Tracy
- Danso Twum Vanessa
- Selina Amakye
- Oteng- Akomaning Kelvina
- Abida Ibn Yushawu
- Annan Joana
- Louisa Nkansah
- Oforiwaa Akomaning Elisa
- Mohammed Bintu
- Darkwaa Gladys
- Asiedu Claudia Ofosu
- Danso Afarribea Pearl
- Gifty Dwamena
- Benedicta Kyeremeng
- Owusu Kate Godheads
- Sosu Jennifer
- Brako Magdalene
- Serwaa Benedicta
- Augustina Amartey
- Lamptey Sheila
- Asare Perpetual
- Coffie Rejoice
- Akpakpau Gifty
- Aidoo Matilda
- Victoria Ohenewaa
- Mary Adomako
- Crystal Hattoh
- Akosua Sakyirea
- Essilfie Josephine
- Grace Ohemeng
- Boamah Cynthia Sylvestera
- Irene Azumah
- Nyarko Anastasia Ofosuhene
- Radiyah Hudu
- Salifa Hafsa
- Egyor Pearl Danso
- Dwamena Josephine Yaa
- Asomaning Arabella Ampafoah
- Deborah Nyarko
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- Okpoti Djama Mercy
- Agyemang Erica
- Okyere Henrietta
- Angmortey Joana
- Amoakowaa Nhyrira
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