

Report on Love for Life – Uganda Summer 2007 Trip

Background

A Love for Life team visited Uganda from 27th June until 29th July 2007. This was the second team visit coordinated by Love for Life to support Love for Life's work in partnership with Fields of Life in Uganda. Since last years visit Ruth Mutumba has been employed part time since February 2007 by Fields of Life to run the Love for Life project in Uganda.

The team, totalling 16 people, consisted of 3 full-time Love for Life staff (Dickie Barr, Olwyn Mark, Lisa Gregg) 7 students (David Barr, Rebecca Barr, Jayne Clarke, Kerry McCollum, Laura Donnelly, Charlotte Donnelly, Victoria Donnelly) 2 teacher trainers (Eileen Donnelly, Chris Grant) 1 'Success Seekers' facilitator (John Gribbin), 1 nurse (Gabrielle Durkan), 1 primary teacher (Sharon Scott), 1 teacher/parenting programme facilitator (Gaye Durkan). Only 3 members of the team remained for the full-time (Olwyn, Lisa, Sharon). Ruth Mutumba from Love for Life Uganda was with the team for the full time.

Purpose of Visit

1. To support the Fields of Life, Love for Life staff worker, Ruth Mutumba
 - To evaluate how Ruth was progressing with delivery of the "Loving for Life" programme in Secondary Schools and the "I'm Special, You're Special" programme in Primary Schools.
 - To explore other pertinent training needs with Ruth.
2. To continue delivery of both programmes in both Fields of Life and non Fields of Life Secondary and Fields of Life Primary Schools.
3. To continue teacher training work commenced last year through both in house training and special day long workshops.
4. To facilitate the delivery of a "Success Seekers" programme to young people in Catholic Secondary schools.
5. The team also planned to renew relationships with other projects previously visited.

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Summary of activity during the visit

28th & 29th June

Dickie evaluated Ruth's delivery of both Primary and Secondary School programmes in Fields of Life Schools. Dickie observed Ruth presenting the programmes in New Life Primary School, Entebbe and Kirisa Fortitude Secondary School, Jinja and was able to give feedback to Ruth. Further training and professional development opportunities were taken with Ruth by Love for Life staff throughout the visit.

2nd – 13th July

Delivery of programmes in Fields of Life Primary and Secondary Schools in Kampala and Lira

- “Loving for Life” programme to pupils in secondary Schools
- “I’m Special; You’re Special” to pupils in Primary Schools
- Programme delivered in schools to parents
- Teacher training programmes delivered to teachers in school
- Teacher training workshops delivered at weekends

14th – 20th July

Delivery of programmes in Catholic Schools organised by Father Aloysius

- “Loving for Life” programme to pupils as used in Fields of Life schools
- Delivery of “Success Seekers” programme to pupils
- Teacher training programmes delivered to teachers in school

23rd – 27th July

Delivery of programmes in Fields of Life Primary Schools

- “I’m Special; You’re Special” to pupils in Primary Schools
- Teacher training programmes delivered to teachers in school

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Programme Activity During Visit

Secondary School Programme

The “Loving for Life” programme lasted approximately 2 hours and covered:

- How special we are from conception on
- How God has made us special
- Sex is God created but with boundaries for our protection
- Why do some teenagers have sex outside Gods boundaries
- Consequences of misuse/casualisation of sex
 - Pregnancy
 - STI's including AIDS
 - Emotional/Relational damage
- Gods grace for new beginnings
- Q&A time

During the visit 11 Secondary Schools received the “Loving for Life” programme. 4 of these were Fields of Life Secondary Schools and 7 were non Fields of Life Secondary Schools. In total 4,350 pupils received the programme input.

Primary School Programme

The “I’m Special; You’re Special” programme lasted for approximately 2 hours and covered:

- The specialness of the individual from conception to adulthood
- Growing up and puberty
- Influences on the young person as they are growing up
- Friendships and being a good friend
- What sort of person am I, should I be, does God want me to be?
- Respect for our bodies
- Dangers of alcohol and drugs
- Making good God honouring choices in boy girl relationships in the future

During the visit 15 Fields of Life Primary Schools received the “I’m Special; You’re Special” programme. In total 2,600 pupils received the programme input.

Teacher Training

The training was entitled *Positive Behaviour Management* and focused on the following:

- developing the whole child (not just cognitively)
- emotional management
- success criteria
- raising self-esteem
- positive discipline
- building positive relationships
- teaching methodologies

The training was delivered in all 26 schools visited (19 Fields of Life and 7 non Fields of Life). There were also full day teacher training workshops at various locations on each of the 4 Saturdays which were delivered to 165 teachers.

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Parents Workshops

For the first time Love for Life were able to offer parents input during the time that the team were in school. This was facilitated in a number of schools by spending a full day on site and through the work of other team members facilitating a programme for the pupils while the parents and teachers received their programme.

The programme covered what the children had been taught during their programme and highlighted key parenting skills: Communication, Unconditional Love, Boundaries and Relationship Skills. There was opportunity for questions on each occasion.

Approximately 420 parents at 5 schools were involved in this programme.

“Success Seekers”

A separate programme with young people “Success Seekers”, a skills programme, which explores the brain and its potential and teaches young people how to maximise the learning experience and set goals and aims for their future was delivered to all pupils in the 7 Catholic Schools. This was facilitated by dividing the pupils into two groups both of which received both the “Loving for Life” and “Success Seekers” programmes.

Other activities

The team had opportunities to visit a number of different projects including clinics, hospital and rehabilitation facilities. The team spent a day with “Jesus Cares” project HIV/AIDS families and some team members helped with the babies at Sanyu Babies Home. Team members distributed gifts that had been sent prior to the visit to children teachers and the projects that they visited.

Full details of all activities are highlighted in APPENDIX 1.

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Significant Outcomes

- The visit allowed evaluation of Ruth's progress in delivering the Love for Life programmes. Dickie completed evaluations as Ruth delivered both "Loving for Life" and "I'm Special; You're Special" and Love for Life staff members went through both programmes again with Ruth using the opportunity of the visit for ongoing training and professional development. Ruth is using the materials very effectively and has great potential as the Love for Life project continues to develop within Fields of Life in Uganda. The management structures in place through Fields of Life are functioning effectively and the Love for Life Fields of Life partnership continues to offer so much potential for project development.
- The Love for Life pupil programmes continue to be very well received by pupils and schools in Uganda. See APPENDIX 2 – Sample Questions Asked Following 'Loving for Life' Presentation
- The parenting pilot was extremely beneficial. Issues raised by parents through the Q&A session included;
 - appropriate disciplines
 - dealing with stubborn children
 - providing materially for your children
 - the role of the mother in raising the children
 - fathers having multiple families and not enough time for children
 - no secondary school close by so children are having to move away from home and are being exposed to negative influences
 - how do widowed mothers talk to their sons about negative influence of media
 - the threat to Ugandan culture e.g. girls no longer curtseying to elders
 - family planning – should family size be limited
 - parents without education being afraid to challenge children
 - how to provide for orphaned children taken on by extended family
 - inability to cover secondary school fees
 - parent/teacher partnership – parents believing it is school's responsibility to discipline children and school believing it is parents
- The teacher training was run alongside the pupil programme in schools as well as in cluster groups on Saturdays. Both models worked well. In Primary schools, teacher numbers were roughly around 8 and in Secondary schools this rose to around 22 on average. The full day Saturday sessions were always well attended, reaching 50 on several occasions. Teachers were very receptive and were keen to learn more. Nevertheless, two main sticking points were continually raised and caused some confusion.
 - Firstly they struggled with the idea that discipline (and therefore results) can be achieved through means other than corporal punishment. The message they had been fed on as a child, at College and as a teacher was that to instil discipline HAD to involve corporal or emotional punishment. It will take time for this myth to disappear and for them to believe enough in the value of positive behaviour management.

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- Secondly, was the misunderstanding that success in life could only come through academic achievement. Current success criteria do not look beyond school exams etc and thus many children have a low self-esteem due to being told they are not good enough. This inevitably impacts upon their behaviour in class and on future learning.
- Nothing during the visit changed the Love for Life perspective that the most effective HIV/AIDS prevention input is through work with young people in secondary school supported by work with their teachers and parents/community leaders. There is a need to do training with teachers around teenage sexual choices and consequences, particularly STI's.
- There still remains a need to have a strategic impact by influencing policy around relationships and sexuality education and sexual health

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Possible Future Development – to be discussed

Programme Delivery by Ruth in Uganda

- The resources are best used on the programme delivery side by focusing on Secondary School input as priority over Primary School input.
- Ruth continues to need regular Love for Life support and training to ensure all information delivered is accurate and up to date. To facilitate this there may be a need to facilitate 1 or 2 Love for Life training visits to Uganda alongside summer visits with or without a team.
- The ideal would be for Ruth to be able to offer a programme to Secondary School pupils, their parents and teachers on the one day. This will necessitate further training and programme development.

Future Love for Life teams

- Where would be useful for Love for Life teams to work?
 - Continue with work around Kampala?
 - Extended time spent in Lira?
 - Burundi/Rwanda and developing FOL schools?
- Ongoing development of ‘Loving for Life’ Ugandan programmes, particularly focussing on feelings/emotions.
- Development of Parenting Programme
 - Discipline
 - Role of Father
 - Women – Self-esteem, motherhood, feelings
 - Teachers/Parents/Community Leaders together
 - Talking to your children about sex
 - More of the ‘Hows’ in implementing the theory – practical examples on communication, discipline
- Continued input to the development of teachers particularly with input around STI’s.
- Further work in non-Fields of Life schools/Partnership in Catholic Schools and other school types.

Conclusion

The summer 2007 Love for Life team successfully delivered programmes to over 7,000 Ugandan young people in 26 schools. Additionally training programmes were delivered to teachers and parents/community leaders in schools and other locations. The visit also provided opportunity to support the ongoing professional development of the Fields of Life Love for Life worker Ruth Mutumba.

There continues to be great potential for further development of the Love for Life project within Fields of Life.

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APPENDIX 1 - DETAILED TEAM PROGRAMME

28th and 29th June

- New Life Primary School, Entebbe (5 team members + Ruth)

Delivery of 'I'm Special, You're Special' Programme to approx. 250 children, including teachers. Ruth delivered the programme. Distribution of presents to the teachers out of the boxes of gifts received from Ireland. The team was very well received by the teachers and the children and appreciated so much the gifts and the programme delivered.

- Kirisa Fortitude Secondary School, Jinja (2 team members + Ruth)

Three members of the team were helping at Sanyu babies home. Ruth delivered 'Loving for Life' programme to approx. 300 students, lasting for 1.5 hours. Dickie (Love for Life) facilitated questions and answers at the end. Many questions asked around virginity and sexually transmitted infections.

In the evening, 7 new members arrived at Entebbe airport.

30th June

- Teacher training day at Shalom

The programme, which lasted from 9.30am – 4.00pm, facilitated by Eileen, covered issues around how to manage children's behaviour in class and pastoral care. 35 primary teachers were present, including Fields of Life and non Fields of Life schools around Kampala. Meals were provided and transport costs were covered for all of the teachers. Gifts from the boxes were presented to all the teachers at the end of the day.

6 team members of the team were helping at Sanyu babies home.

1st July

- Journey to Lira (12 team members + Ruth)

Team set off at 8.00 am to travel to Lira. Arrived at 5.00 pm to a warm welcome by Rachel. Programme preparation took place in the evening.

2nd July

- Team Day in Lira

In the morning, the team divided between Truth Primary and Dara Christian High School. 'I'm Special, You're Special' was delivered in the morning to the whole primary school. (approx. 300) The older children (p4 – p7) received the full programme, while the younger children left half way through for songs and games.

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Two 'Loving for Life' programmes were delivered in the secondary school in the morning. The whole school received the programme. (approx. 400)

Eileen spent the whole day working with the teachers.

In the afternoon, the primary children enjoyed sports and other activities with the team, while 2 team members worked with the parents, Issues raised by parents included suitable/effective punishments, dealing with stubborn children, providing materially for your children.

Gifts were distributed to the parents and toys to the babies present.

The team enjoyed a short visit to Charys health clinic in the early evening.

3rd July

- Team travelled to Luweero/Shammah High School

Team delivered 'Loving for Life' programme in Shammah High School (approx. 400), focussing this year specifically on Feelings/Emotions and Relationships.

Very well received as always by Daniel, the head teacher, and team encouraged to see progress of school over the year.

4th July

- Kiwoko Hospital/Jesus Cares (AIDs children) project.

Team visited Hospital in the morning, meeting members of staff and touring the facilities.

Team visited the 'Jesus Cares' families in their homes and spent the afternoon with them at the centre. The families shared their testimonies with the team and a meal was shared and games played.

Gifts were distributed among all the children.

5th July

- Kawodwe Primary School

The school choir and dancers welcomed the team very warmly. 'I'm Special, You're Special' was delivered in the morning to the whole primary school. (approx. 300) The older children (p4 – p7) received the full programme, while the younger children left half way through for songs and games.

Eileen spent the whole day working with the teachers.

In the afternoon, the primary children enjoyed sports and other activities with the team, while 3 team members worked with the parents. Approx. 100 parents attended. Issues raised included the role of the mother in raising the children,

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fathers having multiple families and not enough time for children, no secondary school close by so children are having to move away from home and are being exposed to negative influences, how do widowed mothers talk to their sons about sensitive issues.

6th July

□ Kitti Parents Primary School

'I'm Special, You're Special' was delivered in the morning to the whole primary school. (approx. 200) The older children (p4 – p7) received the full programme, while the younger children left half way through for songs and games.

Eileen spent the whole day working with the teachers.

In the afternoon, the primary children enjoyed sports and other activities with the team, while 3 team members worked with the parents. Approx. 50 parents attended. Issues raised included the negative influence of media and the threat to Ugandan culture e.g. girls no longer curtseying to elders, family planning – should family size be limited, parents without education being afraid to challenge children, and how parents should handle stubborn children.

Ruth brought Dickie back to airport in the evening.

7th July

□ Teacher Training Day in Mukono

The programme, which lasted from 9.30am – 4.00pm, facilitated by Eileen, covered issues around how to manage children's behaviour in class and pastoral care. 35 teachers were present. Meals were provided and transport costs were covered for all of the teachers. Gifts from the boxes were presented to all the teachers at the end of the day.

Other team members visited the Rehabilitation Centre at Basaniya Children's Home.

9th July

□ Rapha Primary School/Clinic

The day began with the whole school receiving a bible story on the creation of the world. 'I'm Special, You're Special' was then delivered to the children. (approx. 200)

The older children (p4 – p7) received the full programme, while the younger children left half way through for songs and games.

Eileen spent the whole day working with the teachers.

In the afternoon, the primary children enjoyed sports and other activities with the team, while 2 team members worked with the parents. Approx. 20 parents

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attended. Issues raised included how to provide for orphaned children taken on by extended family, appropriate disciplines.

Gifts were given to the school and the teachers. In the evening the team went and toured around the clinic and left boxes of baby clothes for the patients and the community.

10th July

- Buwanuka secondary school / Kalongero primary school.

In the morning the 'Loving for Life' programme was presented (approx 350) for 2hrs. Children asked questions mostly around feelings, love, and sex. Eileen did a teacher training for 12 teachers who all got gifts at the end of the session.

In the afternoon we headed over to the primary (Kalongero primary school). 'I'm Special, You're Special' programme was delivered to approximately 50 P4 – P7 pupils and the rest of the school had sports with the rest of the team. Sports materials were left with the school and gifts distributed to teachers.

11th July.

The team had a day off.

12th July.

- Mount Carmel Primary School

The school was divided into nursery classes and P1- P3, who received a bible story on the creation of the world and enjoyed songs and games, while P4- P7 received 'I'm Special, You're Special' programme. (approx. 200).

Eileen spent the whole day working with the teachers.

In the afternoon, the primary children enjoyed sports and other activities with the team, while 2 team members worked with the parents. Approx 150 parents attended. Issues raised included how to provide for orphaned children within the extended family, inability to cover secondary school fees, parent/teacher partnership – parents believing it is school's responsibility to discipline children and school believing it is parents – need to work together, family planning – how many children should you have, how to handle stubborn children.

Gifts were given to the school and the teachers at the end.

13th July

- Source of Light Primary/Jehovah Jirah Primary School

'I'm Special, You're Special' was delivered to two primary schools, with approximately 130 p4-p7 pupils receiving the full programme, while the p1-p3 enjoyed games with the rest of the team.

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Teacher training was provided in both schools. Gifts were distributed to both the school and the teachers.

4 new team members arrived in the evening.

14th July

□ Teacher Training Day in Luweero

The programme, which lasted from 9.30am – 4.00pm, facilitated by Eileen and Chris, covered issues around how to manage children's behaviour in class and pastoral care. 50 teachers were present (primary and secondary) from the surrounding area. Meals were provided and transport costs were covered for all of the teachers. Gifts from the boxes were presented to all the teachers at the end of the day.

15th July – 21st July

Two team members returned home on the 15th.

For the third week the team worked in partnership with Father Aloysius Bukenya and delivered programmes in Catholic schools. The 'Loving for Life' programme was delivered in each school alongside 'Success Seekers'. Each programme was delivered back to back, both in the morning and the afternoon and was delivered to the whole school. Catholic schools visited were:

St Kizito S.S. Kabowa (approx. 500)

St. Andrew's Matale (approx. 350)

Seat of Wisdom S.S. Kasawo (approx. 700)

Uganda Martyrs College S.Sonde (approx. 400)

Mugezi S.S. Kisubi (approx. 350)

Green Light High S.S. Zana (approx. 400)

Mary Reparatrix – All Girls High School (near Entebbe airport) (approx. 200)

Both programmes were very well received and the team received a very warm welcome by students and staff alike. Gifts were distributed to school and teachers.

During the week a team also visited two Fields of Life Primary schools:

□ Kiwumpa Primary School

'I'm Special, You're Special' programme was delivered to p4-p7 (approx 150)
Gifts were distributed to school and teachers.

□ Kings School

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'I'm Special, You're Special' programme was delivered to p4-p7 (approx 150)
Gifts were distributed to school and teachers.

Four team member left on the 20th July, two travelling on to Kenya and two returning home to Ireland.

21st July

- Teacher Training Day at Emmaus

The programme, which lasted from 9.30am – 4.00pm, facilitated by Chris, covered issues around how to manage children's behaviour in class and pastoral care. 45 teachers were present (nursery, primary and secondary) from the surrounding schools, including Fields of Life, Abaana Ministries and others. Meals were provided and transport costs were covered for all of the teachers. Gifts from the boxes were presented to all the teachers at the end of the day.

22nd July

The team had a day off.

Five team members returned home in the evening.

23rd – 27th July (4 team members + Ruth)

'I'm Special, You're Special' was delivered in four Fields of Life primary schools:

Bugolobi Primary School (23rd) – approx. 80 children

Star Parents Primary School (24th) – approx. 300 children. A bible story was delivered to the younger children.

Wakivule Primary School (26th) – approx. 150 children. Parents were also present during the presentation. A bible story was delivered to the younger children.

Glory for Education Primary School (27th) – approx. 150 children.

The P4 – P7 received the full programme, while the younger children left half way through for songs and games.

Gifts and sports equipment were given to each school and teachers.

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APPENDIX 2

Sample Questions Asked Following ‘Loving for Life’ Presentation

Many questions were asked at the end of each Secondary presentation. Below is a sample of common questions asked:

- Do mosquitos transmit HIV?
- How does HIV/AIDS affect a person?
- Does using a condom protect against HIV and STIs?
- What are the symptoms of STIs and where can you go for help?
- Where did AIDS come from?
- How do you know if somebody is a virgin?
- Is it not important to have sexual experience before marriage?
- How do you lose your virginity?
- Can someone regain his or her virginity?
- Can a young girl get pregnant?
- What are the safe days?
- Is there something wrong if periods are irregular?
- Can a girl get pregnant if she hasn't yet started her period and she has sex?
- How can you avoid having sexual feelings?
- If you have sexual feelings do you lose your virginity?
- Is it bad to have a girlfriend?
- How can sexual feelings be controlled?
- How do you know if someone really loves you?
- How do you deal with the pressure to have sex?
- What is the proper age to have sex?
- Are big breasts and big buttocks a sign that someone is having sex?
- What is oral sex?
- Is it wrong to have sex for money?
- How do you deal with pressure from a partner to have sex?
- Will a girl get pregnant if you use more than one condom?
- Does the pill make a girl barren?