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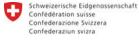
Realizing the Potential of Every Young Person

**Third Edition | July 2023** 



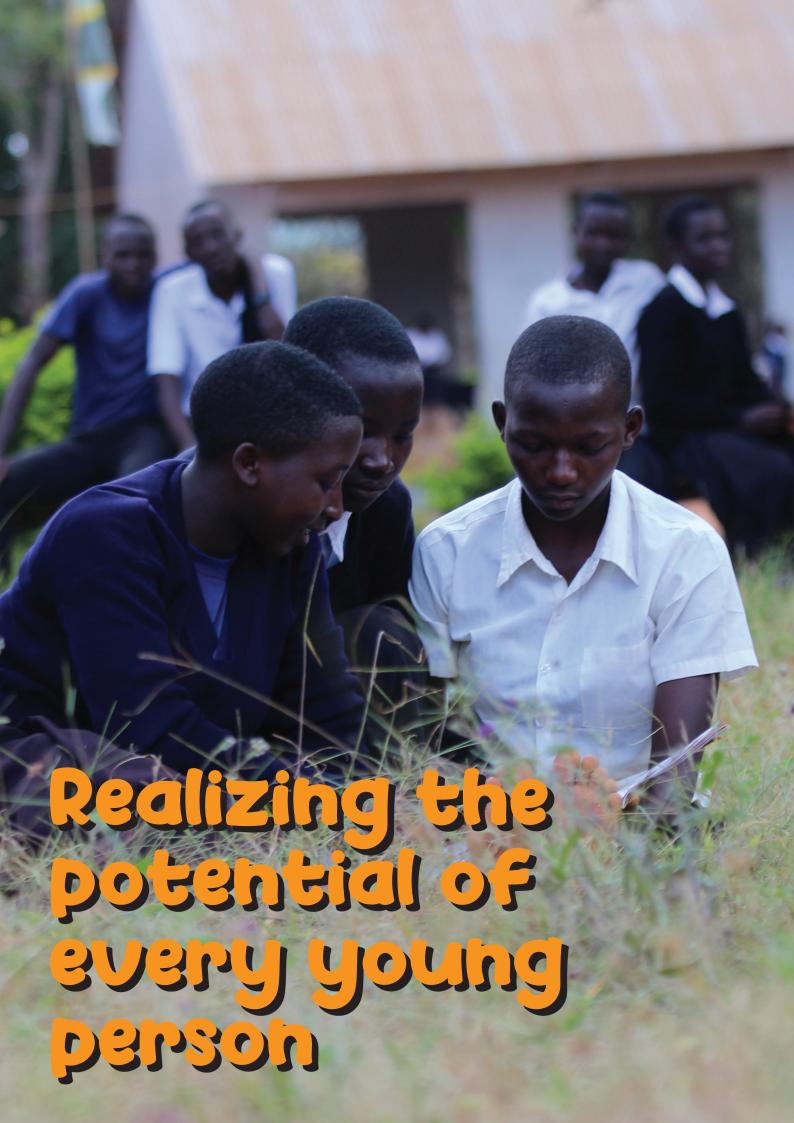






Embassy of Switzerland in Tanzania







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#### Foreword

The Safeguard Young People (SYP)
Programme is a transformative initiative
that was launched in 2013 for Southern
African nations: namely Botswana, Eswatini,
Lesotho, Malawi, Namibia, South Africa,
Zambia, and Zimbabwe. Tanzania officially
launched the flagship programme in
April 2022. At its core, SYP is dedicated
to nurturing the health and well-being of
adolescents and young individuals aged
10-24 years.



In Tanzania, the SYP Programme focuses on regions fighting with distressing indicators in adolescent sexual reproductive health and rights, including oncerns such as adolescent pregnancy, HIV, child marriage, and gender-based inequalities. The overall goal of the programme is to contribute to Tanzania's efforts in improving the health and wellbeing of adolescents and young people. The SYP Programmeme has a governance and management architecture agreed upon with the Government of Switzerland which is cofunding this programme with the United Nations Population Fund (UNFPA).

Within the pages of this 3rd edition newsletter you will dive into the diverse voices of youth from the regions of Dar es Salaam, Coast, Kigoma, and Shinyanga. These stories demonstrate the impact of activities held under the SYP Programmeme, detailing their experiences related to sexual reproductive health and rights, entrepreneurship, leadership, gender-based violence, and harmful practices.

The SYP Programmeme is a catalyst for positive change, fostering awareness and advocacy through engaging dialogues that champion investment in the youth. Thanks to these efforts, young individuals now have access to Comprehensive Sexuality Education and Social Behaviour Change Communication, empowering them to make informed decisions about their lives.

We hope you will enjoy reading and witness the remarkable journey of youth champions who have influenced and inspired their communities, becoming beacons of change in the process.

We invite you to embark on this inspiring journey and celebrate the enthusiasm of young people striving to create a better, healthier world for themselves and those around them. Together, let us embrace the vision of the SYP Programmeme and ensure that every young person's potential is fulfilled.



Safeguard Young People (SYP) is a regional programme which started in 2013 for countries within Southern Africa, that is, Botswana, Eswatini, Lesotho, Malawi, Namibia, South Africa, Zambia and Zimbabwe. Its goal is to improve the health and wellbeing of adolescents and young people aged 10-24 years. The programme has three phases in which each phase lasts three years. The SYP Programmeme has a governance and management architecture agreed upon with the Government of Switzerland that is cofunding this programme with the United Nations Population Fund (UNFPA). In 2020/21, SYP has been expanded to include countries in the Eastern Africa Region: Rwanda and the United Republic of Tanzania. In Tanzania the program was officially launched in April, 2022.

#### Safeguard Young People Program in Tanzania

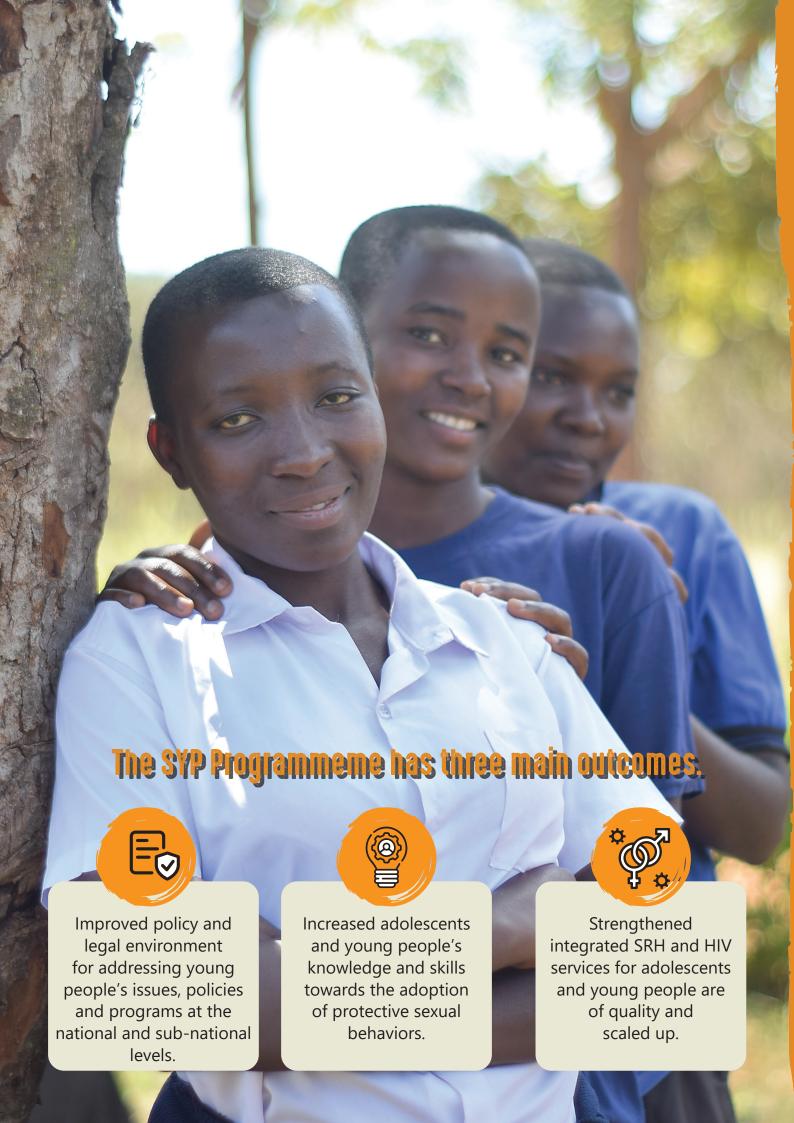
The Safeguard Young People (SYP) Programme is being implemented in mainland Tanzania and Zanzibar with a focus on regions with poor adolescent social, reproductive health and rights indicators including on teenage pregnancy, HIV, child marriage, and gender-based inequalities. The programme complements priorities of the nation in general and is aligned to the UNFPA 9th Country Program Documents. The overall goal is to contribute to Tanzania's efforts in improving the health and wellbeing of adolescents and young people aged 10-24 years.

The programme has three dimensional objectives focusing on

- 1. Enabling the environment, that is; Support the government to create conducive environment and scale up implementation of policies that promote and protect adolescent and young people's rights;
- 2. Demand, that is; create awareness to adolescent on informed decision making on sexual reproductive health and rights and
- 3. Supply, that is; increase access to quality adolescents and youth friendly integrated SRHR, GBV and HIV services.

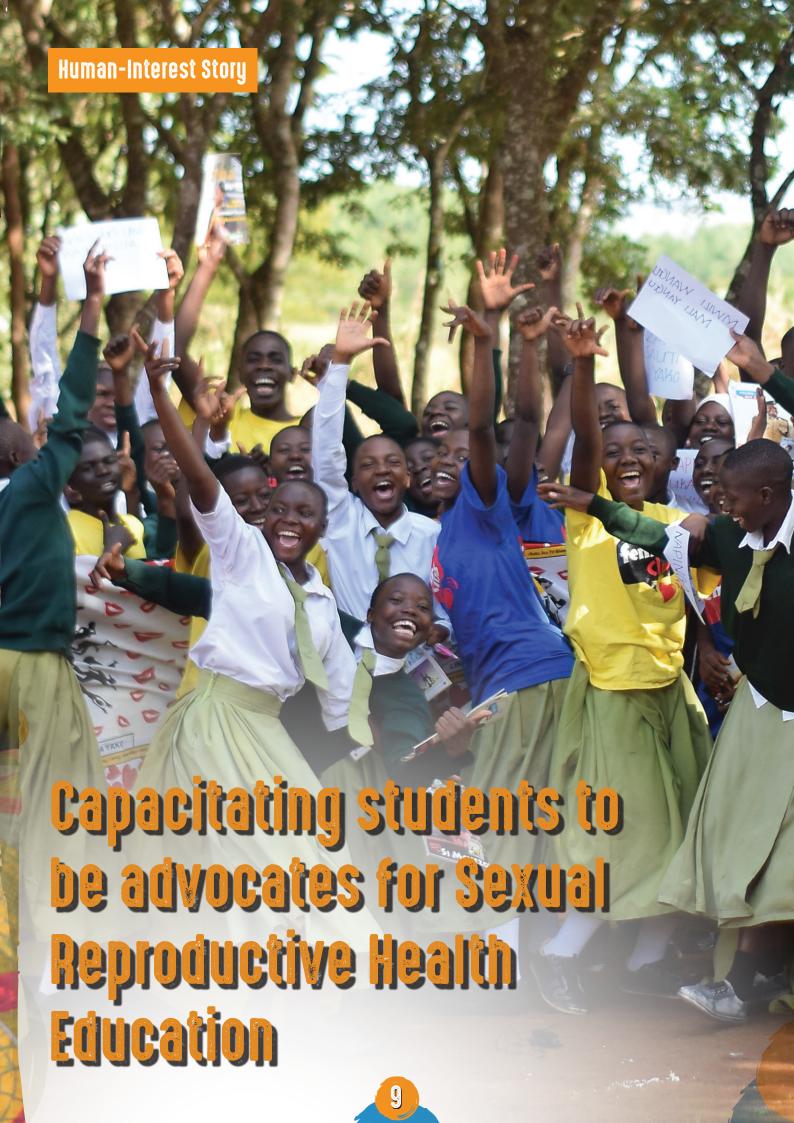
The Safeguard Young People is a co-funded programme by UNFPA and the Embassy of Switzerland in Tanzania, implemented in Tanzania on a three-year phased modality. The first three years phase started in 2021 until 2023, costing \$5,100,000. The program is implemented in five selected regions in Tanzania Mainland, that is, Kigoma, Shinyanga, Simiyu, Dodoma, Dar es Salaam; and in Zanzibar (Unguja and Pemba). The SYP Programme compliments UNFPA's existing work on improving the sexual and reproductive health and reproductive rights (SRHR) status of young people, promoting self-awareness and youth participation and it acknowledges and builds on the role of young people as change agents.

The program is in line with the Government's National Accelerated Action and Investment Agenda for Adolescent Health and Wellbeing (NAAIA-AHW). This support is aimed at advancing the vision and priorities of the United Republic of Tanzania building on national development needs and priorities as articulated in the United Nations Sustainable Development Cooperation Framework (UNSDCF) which outlines a coherent plan of action and enables a coordinated UN response to contribute more efficiently and effectively to achieve the 2030 Agenda for Sustainable Development and the national development goals of the third National Five-Year Development Plan (FYDP III) and the 2021-2026 Zanzibar Development Plan (ZADEP).





UNFPA works with government ministries, departments and agencies, and Civil Society Organizations (CSO)s as Implementing Partners for SYP interventions. This includes ministries responsible for youth, health and education (both on mainland Tanzania and Zanzibar), Tanzania Commission for AIDS (TACAIDS), Zanzibar AIDS Commission, AfriYAN, FEMINA, Restless Development, KIWOHEDE, Tanzania Men As Equal Patner in Development (TMEPiD), and Karibu Tanzania Organization (KTO) for supporting alternative education for adolescents (young mothers) in the Folk Development Colleges (FDCs) while more broadly addressing the policy of reintegration into school for school drop-outs.







beneficiaries of the initiative.

## **Unleashing the Power Within, Empowering Students for Change**

At Nyasha Secondary School, Fema Magazine inspired students to be agents of change educating youth in their surrounding villages about sexual reproductive health. The students also educated youth on how to identify gender-based violence and where to report them insisting that their bodies are their rights, and nobody should have the authority to dictate anything concerning it.

Genoveva is among the students who absorbed the valuable knowledge from the magazines and decided to put them to action. She decided to raise awareness about sexual reproductive health among the youth in the surrounding villages. She talked with youth about the topics like consent, safe sex practices, and gender equality, emphasizing on the importance of respecting individual boundaries.

The impact of the knowledge from Fema Magazine Issue 61 and 64 quickly became evident. More and more youth in villages surrounding Nyasha Secondary School started recognizing instances of gender-based violence and actively reporting them to the gender desks in their nearby police stations. The magazine had given them the courage to speak up and demand justice, firmly believing that their voices mattered.





#### **Choosing Freedom: The Power of Self-Determination**

Meanwhile, at Kinyaka Secondary School, Fema Magazine had found its way into the hands of curious students, opening their minds to a world of possibilities and self-discovery. Issue 64 of the Fema Magazine carried the resounding message that their bodies were their own, urging them to make informed decisions and take control of their futures.

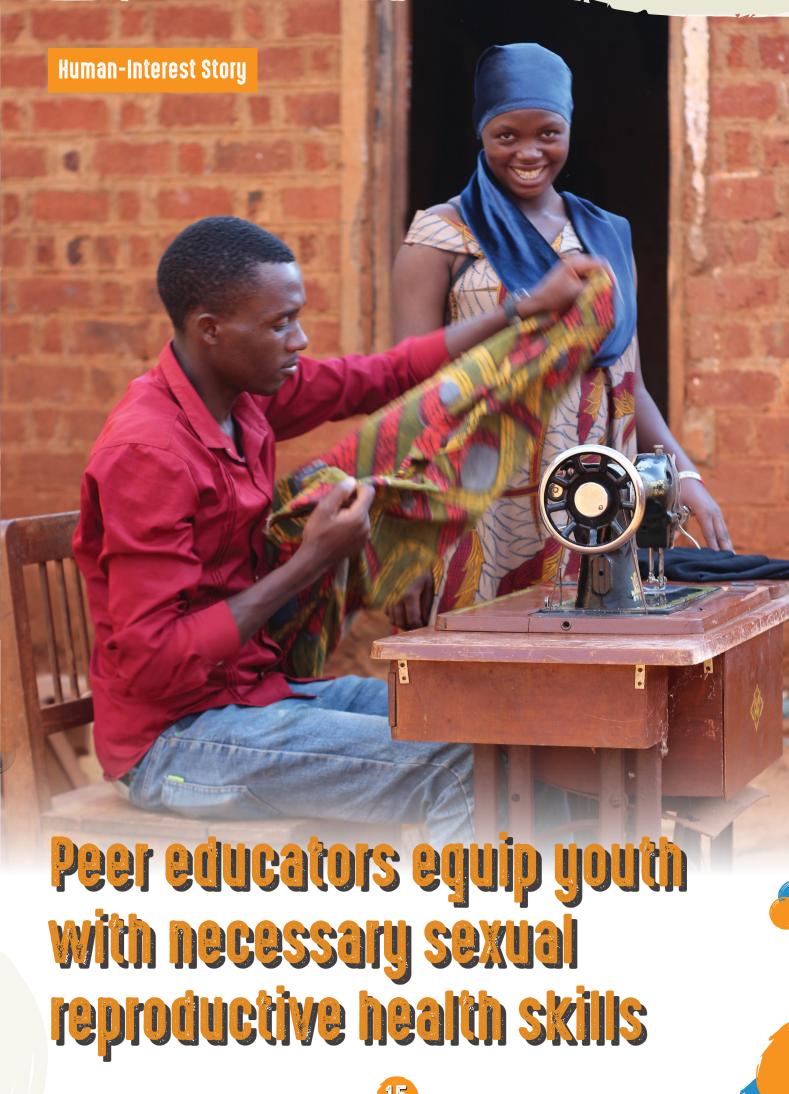
One of the students who absorbed the knowledge from the pages of Fema Magazines and used that knowledge for better was Dere (not a real name), a form four student at Kinyaka Secondary School. Before reading the stories from the magazine, Dere was in a relationship with a girl who offered financial support to him in exchange for sex inadvertently hindering his educational progress. But all that changed after reading the magazine, thanks to his friend who shared the magazine with him and asked him to join the Fema Club in the school. In the magazine, there was a photostory that resembles Dere's situation and the consequences were vivid.



From the magazine, Dere realized that he will be at risk of contracting sexually transmitted diseases including HIV, failing his studies, and even falling into the trap of fatherhood responsibilities at a young age. After measuring the risks, Dere decided to end his relationship with that girl and focus on his studies understanding that his studies held the key to his future, and he needed to prioritize his education.

As Dere severed the ties that bound him to a path of distraction and destruction, he focused his energy on his studies, driven by the belief that his dreams were within reach. His decision inspired his peers, encouraging them to make similar choices that aligned with their long-term goals.

Through the pages of the two Fema magazines, students from Nyasha and Kinyaka Secondary Schools discovered the power within themselves. They learned that their bodies were their rights, and no one should have the authority to decide anything relating to them. With this newfound knowledge, they had the confidence to report any gender-based violence to the police gender desks, knowing that their voices would be heard, and justice would prevail.



In Kasulu District Kigoma region, resides a diligent and enthusiastic young man named Jacob Mageje Chitama. Jacob is a peer educator committed to equipping youth in his community with crucial knowledge about sexual reproductive health, gender-based violence, and harmful practices, and imparting entrepreneurship and leadership skills. His dedication is a product of the training he received from Kiota Womens Health and Development (KIWOHEDE), an organization that envisions a society where children, youth, and women are free from all forms of abuse, sexual violence, and exploitation.

Armed with the comprehensive peer education training provided by KIWOHEDE, Jacob embarked on a mission to empower youth in Kasulu District. Through his dedication, enthusiasm, and relatable approach, he quickly gained the trust and attention of the young people, becoming their quide and a source of inspiration.

One of Jacob's significant achievements is the establishment of a group known as "Young Mothers." This group comprises six teenage mothers who faced numerous challenges in their lives including teen pregnancy, teen marriage, and economic challenges. Determined to create opportunities for them, Jacob encouraged these young mothers to explore various activities such as tailoring, poultry farming, and general farming. Through these endeavors, the group members not only acquired valuable sexual reproductive health knowledge but also developed a sense of empowerment and self-esteem.

Jacob actively participated in council meetings at both the ward and district levels. He believed that by raising awareness about issues affecting youth to the decision-makers, he could advocate for meaningful change and address youth-related challenges and concerns.



"The project has inspired me to speak in public when I previously could not. I used to be really anxious when I went to ward meetings, but after obtaining instruction from the programme and being able to talk with arguments in front of others, I acquired a lot of bravery to speak." - Jacob.

During the council meetings, Jacob fearlessly emphasized the significance of comprehensive sexual reproductive health education, the urgent need to combat gender based violence and harmful practices, and the importance of providing opportunities for entrepreneurship and leadership development. His articulate arguments, supported by data and personal experiences, resonated deeply with the council members, who acknowledged the transformative impact Jacob's work had on the youth in Kasulu.

Jacob's efforts were strengthened by the support of the Embassy of Switzerland in Tanzania and the United Nations Population Fund (UNFPA) through the Safeguard Young People (SYP) Programme. Their assistance enabled him to receive peer-educator training from KIWOHEDE

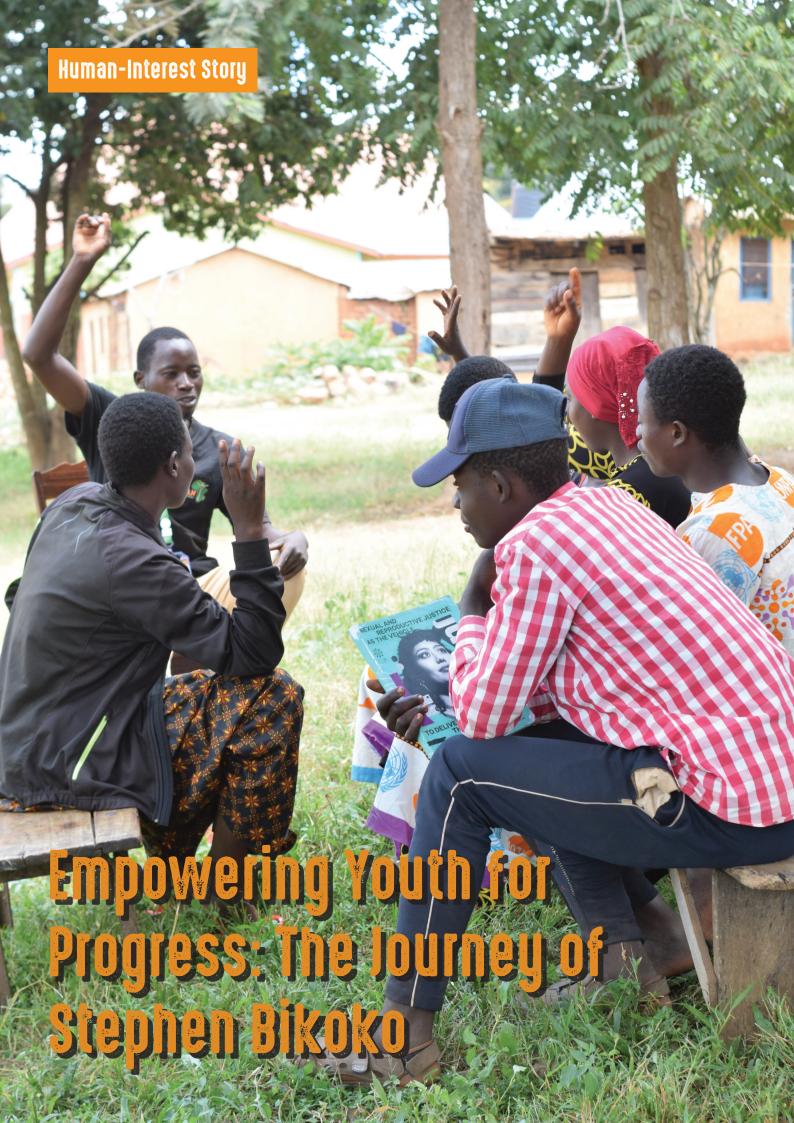
which helped in transforming the lives of youth in Kasulu District, thus facilitating a lasting impact on their lives.

Over time, the effects of Jacob's peer education became increasingly evident throughout Kasulu District. The youth were now equipped with the knowledge and skills necessary to make informed decisions regarding their sexual and reproductive health. They had developed a heightened awareness of the devastating consequences of gender-based violence and harmful practices and are actively working towards eradicating them from their community. The entrepreneurship and leadership training provided them with the tools to pursue their aspirations and contribute meaningfully to society.

Jacob Mageje Chitama's dedication and commitment to the youth of Kasulu District had transformed numerous lives. Through his tireless efforts, the future of the community began to shine brightly, with empowered and enlightened youth leading the way toward a better tomorrow. And amidst it all, Jacob stood proudly, knowing that he had made a lasting difference in the lives of those he served.







In the Kakonko District of the Kigoma Region, a passionate and dedicated young man named Stephen Bikoko thrived as a peer educator. His mission was to equip the youth in his community with vital knowledge about sexual reproductive health, gender-based violence, and harmful practices, and foster their entrepreneurial skills. Stephen's commitment to creating a positive impact stemmed from the transformative training he had received from Kiota Womens Health and Development (KIWOHEDE), this training was supported by the Swiss Embassy and the United Nations Population Fund (UNFPA) through the Safeguarding Young People (SYP) Programme.

Armed with comprehensive skills on sexual reproductive health, Entrepreneurship, and gender-based violence, Stephen started to empower the youth in Kakonko District. With his engaging approach and genuine passion, he captivated the attention and trust of the young people, especially youth from informal groups like motorcycle drivers famously known as *Bodaboda* becoming their advocate and mentor.

One of Stephen's notable accomplishments was the establishment of a group called "Upendo Group." This group comprised enthusiastic youth who sought to improve their lives through education and entrepreneurial activities. Together, they engaged in various ventures, including poultry farming, goat keeping, and general farming. Through these endeavors, the group members not only acquired income but also developed a strong sense of unity and purpose.



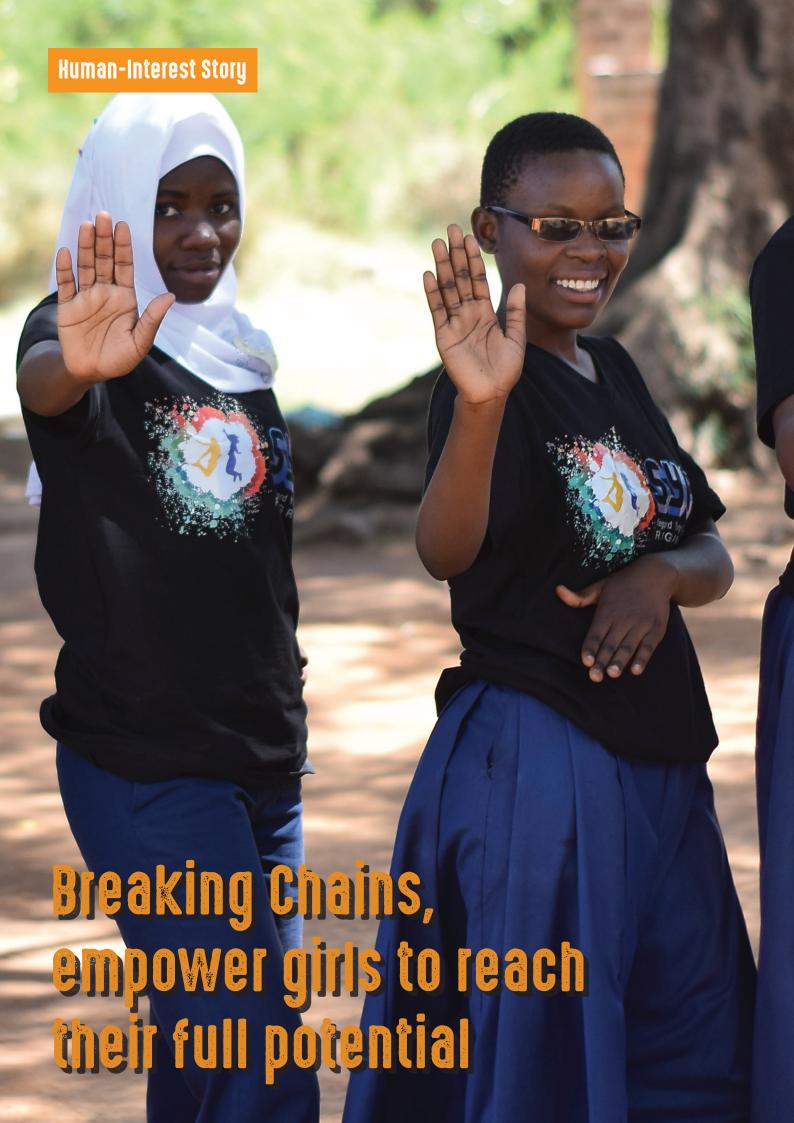
and people with disabilities from the council." - Stephen Bikoko.

Among the members of Upendo Group was Melania Zambiliti, an ambitious and determined young girl who actively participated in the entrepreneurial activities offered by the group, which ignited her entrepreneurial spirit and drive. Through her dedication and hard work, she managed to save enough money to build her own house, a significant accomplishment that brought immense pride and joy to her and her community.



Stephen's efforts were not limited to the group alone. He actively engaged in community activities and advocacy, promoting comprehensive sexual reproductive health education, addressing gender-based violence and harmful practices, and championing the importance of HIV awareness. His articulate voice garnered the attention and support of community leaders, prompting them to act and allocate resources towards these crucial issues.

Over time, the impact of Stephen's peer education programs became evident throughout Kakonko District. The youth are now equipped with the essential knowledge about sexual reproductive health, gender-based violence, harmful practices, and HIV, empowering them to make informed decisions and live healthier lives. The Upendo Group flourished, with each member discovering their potential and actively contributing to their community's growth and prosperity. As Stephen continued his journey, he carried with him the pride of having made a lasting difference in the lives of the youth he served, a testament to the power of education, entrepreneurship, and determination.



In the rural town of Singida, a young girl named Kesheni (not a real name) escaped the clutches of an impending early marriage and discovered a beacon of hope in the form of Buhangija Folk Development College. Kesheni managed to escape from arranged teen marriage and flee to Buhangija Folk Development College thanks to the support and guidance of her mother's trusted friend who tipped them about Buhangija Folk Development College, a place that could offer Kesheni a second chance to fulfill her dreams.

Buhangija Folk Development College, in collaboration with the Karibu Tanzania Organization (KTO), worked hand in hand with the local government to ensure that young girls like Kesheni gets a second chance to fulfill their dreams. The college enrolls girls who dropped out of school or didn't manage to get or finish a secondary school education due to various reasons including lack of funds, teen marriages, and teen pregnancy to a special education initiative known as Elimu Haina mwisho. As one of the teachers at Buhangija Folk Development College, Teacher Mtandu Musa Kajanja participated actively in the initiative to ensure these young girls fulfill their dreams from reaching out to the community and finding these girls.

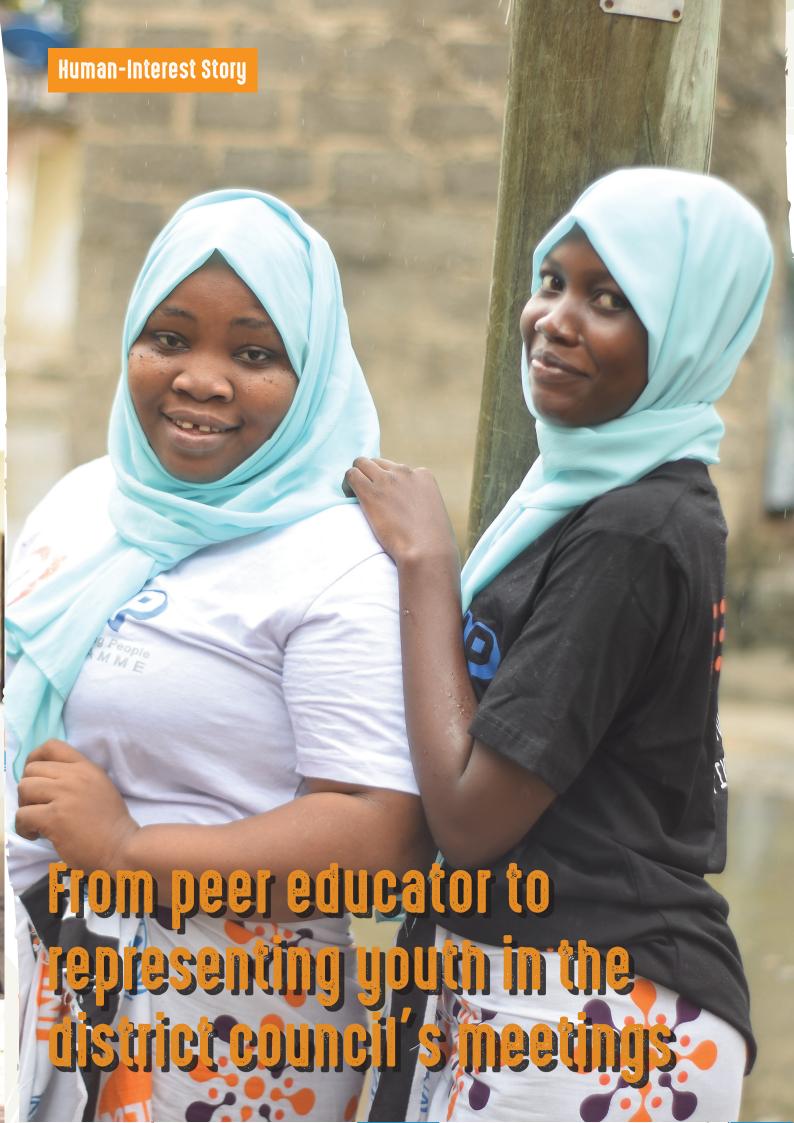


Supported by the Embassy of Switzerland in Tanzania and United Nations Population Fund (UNFPA) through the Safeguard Young People (SYP) Programme, the initiative aimed to break the chains of gender-based oppression and empower young girls to pursue their dreams.

Kesheni's enrollment at Buhangija Folk Development College marked the beginning of a transformative chapter in her life. Surrounded by a supportive community of like-minded girls and passionate mentors, Kesheni aspires to become a lawyer. She wants to utilize her legal expertise to advocate for the rights of young girls and protect them from oppressive social norms including teen marriages. Kesheni believes that education is the key to breaking free from the chains of gender inequality and empowering teen girls to fulfill their dreams.

Kesheni's story resonates with countless other young girls in her community and beyond. Her courage and resilience are a source of inspiration, igniting hope in the hearts of those facing similar challenges. Through her determination, Kesheni shattered societal barriers and demonstrated the unwavering determination to fulfill her dreams.





In Tanzania, Dar es Salaam is the biggest city making 8.72% of the country's total population according to the 2022 census. In such a big city with a condensed population, youth face many challenges around sexual reproductive health, drug use and gender-based violence, and harmful practices. The establishment of peer educators who will be raising awareness among youth groups in the region is essential for youth to make informed decisions about their sexual reproductive health and ensure that their potential is fulfilled.

Co-funded by the Embassy of Switzerland in Tanzania and the United Nations Population Fund (UNFPA) through the Safeguard Young People (SYP) Programme, Kiota Womens Health and Development (KIWOHEDE) established the peer education for the youth in the city. One of the peer educators who received the training is Halima Abdallah Salanga from Temeke District. After receiving the training, she embarked on a journey to educate her fellow youth about sexual reproductive health, gender-based violence, HIV, and the effects of drug use.

Driven by a desire to make a difference, Halima went from one house to another educating youth on the importance of family planning while raising awareness about sexual reproductive health services available in health centres all over the district. She managed to reach more than 35 youths per week. The awareness raised by Halima enabled her to become a beacon of hope and inspired her peers to overcome challenges and reach their full potential.



"I'm glad that my peer education has helped the young people. Some people have benefited from education about family planning. Young people are also becoming more aware of who they are and what they should be doing and when. Additionally, I was able to assist young individuals to overcome bad peer pressure." - Halima.

Halima's dedication caught the attention of the local government, resulting in her selection as a district youth leader. Through this position, Halima addressed critical youth-related issues to the government, particularly sexual reproductive health issues, gender based violence issues, and supporting drug-addicted youth on their journey to recovery and rebuilding their lives.

Through her tireless efforts as a peer educator and youth leader, Halima instilled in others the belief that they possess the power to shape their destinies and create lasting impact. Her story serves as a testament to the transformative potential of investing in youth, empowering them to become agents of change. Halima's journey embodies the vision of empowering youth, transforming lives, and creating a brighter future for Temeke District and beyond.



In Kigamboni District of Dar es Salaam, youth have been trained as champions to promote youth engagement in leadership and decision-making in ensuring youth-friendly services are integrated into the existing health facilities. These champions committed to present youth-related challenges in the development committees utilizing the knowledge they gained from the SMART advocacy training by Tanzania Men as Equal Partners in Development (TMEPiD).

Ahmed Abdallah Milopa, a youth champion from Kigamboni District, Dar es Salaam Region emerged as a beacon of hope to youth after being selected as a member of Kibada Health Centre's development committee. Ahmed dedicated himself to advocate for solutions of youth-related challenges around sexual reproductive health services using the SMART advocacy skills he learned.

Realizing the need for accessible youth-friendly services, he took proactive steps to put emphasis on the integration of such services into existing health facilities. Ahmed collaborated with local health authorities and community leaders to champion the cause. Ahmed's efforts contributed to the establishment of a dedicated youth-friendly centre within the health facility. This centre became a haven where young individuals could seek comprehensive sexual reproductive health services, counselling, and receive the support they needed. The collaborative efforts of the committee, and working closely with district and regional leaders, facilitated the swift realization of youth-friendly services.



Ahmed's efforts were met with appreciation and support from various workers including Graciana Mondo, the matron at Kibada Health Centre. Graciana recognized the important role of youth representation within the development committee and acknowledged Ahmed's contributions. Through Ahmed's presence, the committee now prioritized youth-related issues in their planning, ensuring that the voices and concerns of young people were not overlooked. This collaborative approach between the committee, regional leaders, and the youth champion led to swift and effective progress in establishing youth-friendly services.

Co-funded by the Embassy of Switzerland in Tanzania and the United Nations Population Fund (UNFPA) under the Safeguard Young People (SYP) Programme, Ahmed's journey is an example of the power of youth-led initiatives. Through his dedication, the youth in Kigamboni District gained access to essential sexual reproductive health services and are empowered to make informed decisions about their sexual reproductive health. Ahmed's commitment to representing youth issues in the development committee paved the way for a future where the youth voices were acknowledged, and their needs prioritized.

Ahmed's story serves as an inspiration, highlighting the transformative impact that passionate youth champions can have on their community. His tireless efforts have not only contributed to the establishment of youth-friendly services but have also empowered young individuals to take control of their reproductive health and rights. Ahmed's journey underlines the importance of investing in the youth, providing them with the necessary knowledge and skills to fulfill their future.





In Tanzania, completing secondary school education is essential for any employment, a disadvantage trapping many young girls who are forced to drop out of school due to many reasons including teen pregnancy, lack of funds to continue with their studies, and teen marriages.

The Karibu Tanzania Organization (KTO) with support from the Embassy of Switzerland in Tanzania and the United Nations Development Fund (UNFPA) through the Safeguard Young People (SYP) Programme, established the **Elimu Haina Mwisho** project which provided a second chance to young girls who dropped or failed to continue with their secondary education due to various reasons including lack of funds, teen pregnancy, and teen marriages.

Among the girls who benefitted from the project was Zainab Juma, a girl who defied the odds and paved her path toward a brighter future. Zainab was one of the many young girls who faced challenges that hindered their access to education. For Zainab, it was the lack of funds to pay for secondary school education that made her drop out of school. Through this project, Zainab managed to get back to school, finish her secondary education studies, and acquired tailoring skills which enabled her to start a tailoring business.



Zainab received her education at Kisarawe Folk Development College, a haven for young girls who failed to complete their secondary education studies due to various reasons mentioned above. At the college, young girls not only get the opportunity to complete their secondary school studies but also gain valuable entrepreneurial skills under the comprehensive training program empowering them with knowledge and practical experience. The program equips them with the skills they need to fulfill their dreams.



Following the completion of her training, Zainab established her tailoring business at Gongo la Mboto in Dar es Salaam City. Her newfound skills not only provided her with a stable source of income but also instilled a sense of pride and independence. Zainab's success as a tailor became a testament to the transformative power of education and vocational training in empowering young girls to shape their destinies.

The **Elimu Haina Mwisho** project recognized the unique challenges faced by young girls like Zainab and provided them with the educational and vocational support they need to fulfill their potential. By investing in their education and skills development, the project aimed to break the cycle of limited opportunities and empower these girls to build a better future.

Through various projects, the SYP Programmeme continues to impact the lives of many girls, opening doors of opportunity and empowering them to reclaim their education and futures. UNFPA remains committed to supporting initiatives like Elimu Haina Mwisho, recognizing the importance of investing in the education and well-being of young people. The program's holistic approach aimed to safeguard young people's rights, including access to education, reproductive health services, and opportunities for personal and professional growth.





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