

PROJECT REPORT



**Plot No.34, Mikocheni Industrial Area, Kinondoni
P.O.BOX 11014, Dar es Salaam
Email: info@sydf.or.tz**

PROJECT NAME: ENDING SEXUAL VIOLENCE

DATE: 30th January 2025

LOCATION: KIPAWA VOCATIONAL EDUCATION AND TRAINING AUTHORITY

COORDINATOR: DR. GILORIA

1. INTRODUCTION

Save Youth Dream Foundation (SYDF) is a youth-led organization dedicated to empowering young people through four key pillars: Health, Education, Skills & Culture, and Governance. Among these, health stands out as a broad and crucial area because it forms the foundation upon which youth can build a successful future. We firmly believe that a young person's physical and mental health is their most valuable asset essential not only for individual well-being but also for realizing their dreams and contributing positively to society. Without robust health, the capacity to learn, work, and nurture meaningful relationships is significantly compromised.

Within the health pillar, sexual and reproductive health is of paramount importance. Many young people enter relationships without adequate knowledge about how to protect themselves, which can lead to unplanned pregnancies, sexually transmitted infections (STIs), and psychological distress. Recognizing these challenges, SYDF initiated a comprehensive education project at Kipawa VETA aimed at equipping students with essential information on reproductive health, their rights, and the risks associated with uninformed practices. On January 30, 2025, our three-member team Dr. Gloria (CEO), Theresia (Administrator Officer), and Winnie Kaaya (Operations Manager) arrived at Kipawa VETA. We were warmly received by Mr. Kahoza, the Head of Student Registration, who ensured that all 50 scheduled students (level one and some of level 3) the rest was not present due to they were in the field area but the institute accomodate 207 students of all level for this year of 2025 were present and that the learning environment was well-prepared for our seminar.

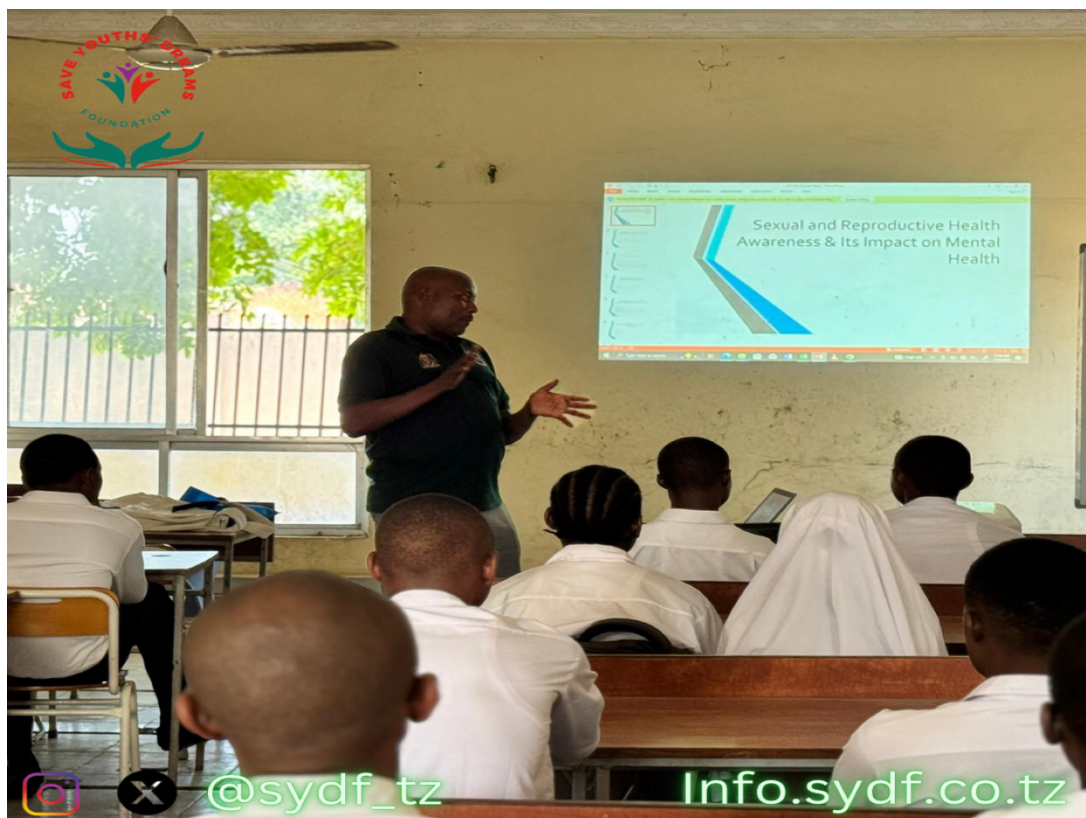


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2. OBJECTIVE

The primary objective of the project was to empower Kipawa VETA students with comprehensive knowledge about Sexual and Reproductive Health (SRH), enabling them to make informed decisions regarding their health and relationships. Specifically, the project aimed to:

- **Educate on Reproductive Health:** Provide detailed information on contraception, sexually transmitted infections (STIs), and overall reproductive well-being.
- **Increase Awareness of Reproductive Rights:** Ensure that students understand their rights, including the importance of consent and their ability to protect themselves from sexual violence and abuse.
- **Highlight the Connection Between Reproductive and Mental Health:** Explain how inadequate reproductive health practices can negatively impact emotional and psychological well-being, leading to issues such as stress, anxiety, and depression.
- **Encourage Informed Decision-Making:** Empower students to base their choices on accurate, evidence-based information rather than succumb to peer pressure.
- **Foster Long-Term Engagement:** Establish a Sexual and Reproductive Health Club to provide continuous education, peer support, and an ongoing dialogue on reproductive health issues.





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3. METHODOLOGY

To effectively deliver our SRH education and meet the project objectives, SYDF employed a combination of structured presentations and interactive engagement.

The session began with an introduction by Dr. Gloria, our CEO, who eloquently explained the core values and mission of SYDF. She described how SYDF is committed to empowering youth by providing them with the necessary knowledge to build healthy, prosperous lives. Dr. Gloria underscored that our organization prioritizes informed decision-making, self-worth, and resilience. After establishing this context, she introduced Winnie Kaaya, our Operations Manager, emphasizing that the main goal of the session was to educate the students on various aspects of sexual and reproductive health.

Winnie then delivered a comprehensive PowerPoint presentation covering key topics such as an overview of reproductive health tailored for youth, detailed information on various STIs and preventive measures, the impact of reproductive health on mental well-being, and an explanation of youth reproductive rights along with safe relationship practices. Her presentation was both informative and engaging, directly addressing the primary objectives of the project.

Following Winnie's lecture, Madam Theresia, our Administrator Officer, provided additional insights. She reinforced the key points of the presentation and offered practical advice on how students could apply this knowledge in their daily lives. Theresia's contribution made the content more relatable and actionable, further empowering the students to integrate healthy practices into their routines.

After the formal presentation, the seminar transitioned into an interactive discussion segment. This open forum encouraged students to ask questions, share personal experiences, and discuss real-life scenarios related to sexual and reproductive health. Dr. Gloria took the lead in addressing the students' queries. Leveraging her extensive expertise as a physician, she provided clear, precise, and well-articulated answers that helped demystify complex concepts. This interactive session not only deepened the students' understanding of the topics covered but also built an atmosphere of trust and openness.





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4. CONCLUSION

The Sexual and Reproductive Health seminar at Kipawa VETA proved to be a resounding success. The event managed to engage all 50 students present, with 20 students taking the initiative to join the newly established Sexual and Reproductive Health Club. This club will serve as an ongoing platform for peer education, continuous learning, and support on issues related to reproductive health.

By combining expert-led PowerPoint lectures with practical insights and an interactive Q&A session, SYDF effectively delivered critical information in a manner that was both engaging and accessible. The seminar not only empowered the students to take charge of their health but also laid a strong foundation for their future well-being. SYDF remains committed to expanding such initiatives to more institutions, ensuring that every young person is equipped with the knowledge to protect their health and realize their dreams.

