



AKAYA



# Kwanda Project Report – Phase 1

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# Executive Summary

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At AKAYA, we are deeply committed to fostering the personal and professional growth of the next generation of African female leaders. Our mission is to build their confidence, centre their voices, and ensure they reach their full potential. The Like Her Project, our flagship initiative, aims to empower young girls in Ghana through a holistic workshop encompassing education, health, and empowerment.

## Purpose of this Report

This report details the findings from the pre- and post-session feedback forms collected during the Like Her Project sessions conducted in the Central Region and the Shai Osudoku District. Supported by Kwanda, these sessions engaged over 200 girls and aimed to explore the need and evaluate the impact of the workshops on their knowledge, attitudes, and behaviours especially when it comes to period poverty.



Girls in the Shai Osudoku District completing the feedback forms.



# Introduction - AKAYA

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AKAYA is a non-profit organisation devoted to the personal and professional development of the next generation of African female leaders. Our mission is to build their confidence, centre their voices, and ensure they reach their full potential. We envision a future where all African girls and young women possess the confidence to take ownership of their journeys, grounded in knowledge and good health, enabling them to thrive in their world and that of future generations.

## Overview of Our Programmes

<b>The Like Her Project</b>	High school workshops for girls, addressing health (menstrual hygiene, sex education), education (overcoming barriers, public speaking, and communication skills), and empowerment (building confidence).
<b>Summer Internship Programme</b>	3-month programme aimed at the accelerated personal and professional development of female university students in Ghana.
<b>The Aya Initiative</b>	7-month programme designed to empower young women in Ghana who have faced significant life challenges. This initiative provides mental health support, leadership development, and mentorship.
<b>AfriGirl Conference</b>	International annual conference commemorating International Day of the Girl Child.
<b>Project Esi</b>	Annual school renovation and development project.

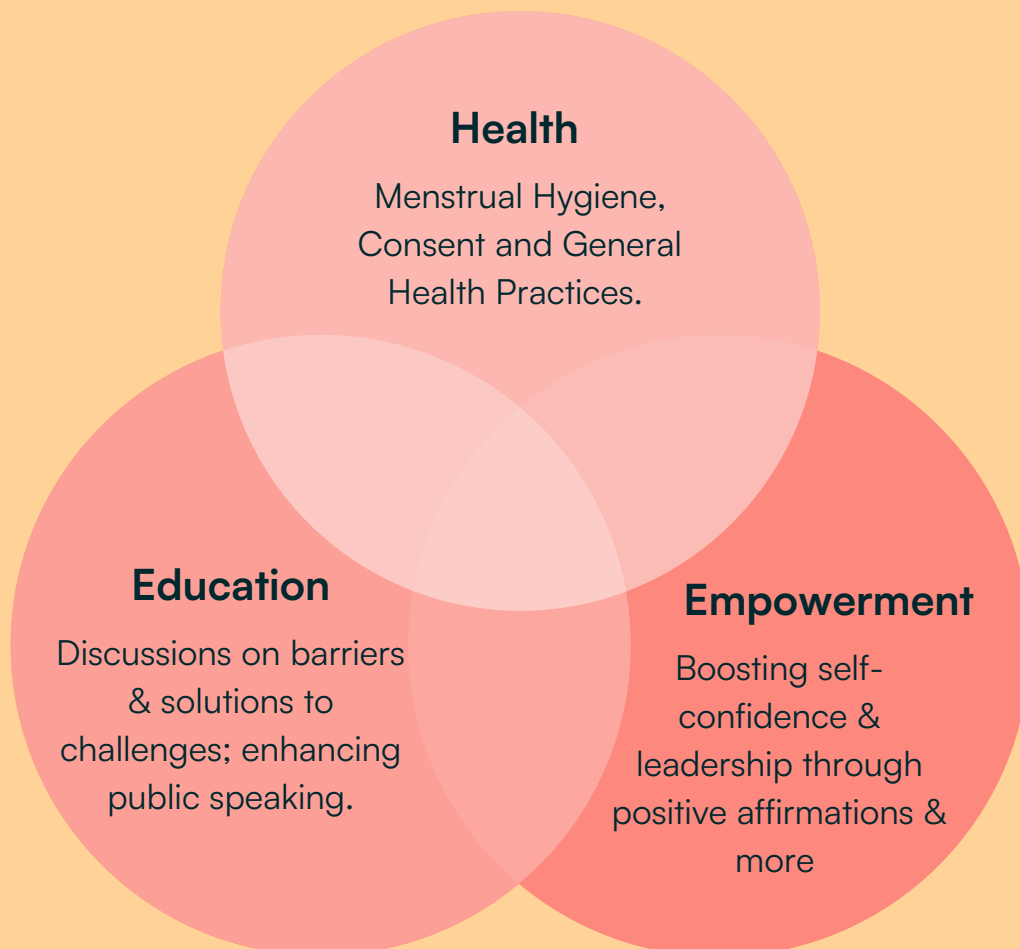
# The Like Her Project

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## Objectives

- **Health Education:** To educate girls on menstrual hygiene, sexual health, and overall well-being.
- **Educational Empowerment:** To address barriers to education, enhance public speaking and communication skills, and promote academic perseverance.
- **Confidence Building:** To improve self-esteem and confidence, encouraging girls to take ownership of their future and make informed decisions.

## Components





## The Like Her Kit

Each participant of the Like Her Project receives a Like Her Kit, which includes:

<b>Reuseable Sanitary Pads</b>	To tackle period poverty and ensure girls do not miss school due to menstrual challenges. This pad kit lasts at least 2 years.
<b>Hygiene Supplies</b>	Essential items such as soap, hand sanitizers, and wipes to promote personal hygiene.
<b>Educational Materials</b>	Notebooks, pens, and other supplies to support their academic endeavours.
<b>Empowerment Resources</b>	The Like Her Booklet; taking the girls on a journey to discovering and loving themselves.

By providing these resources, the Like Her Kit ensures that girls have the necessary tools to apply what they have learned, maintain their health, and continue their education with confidence.



# The Funder - Kwanda

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Kwanda is a platform that brings Diasporans together to pool capital and fund social projects across Africa. The platform is financially transparent and allows members to decide how funds are spent.



This grant was allocated from Kwanda to address period poverty in Ghana, particularly focusing on the Dunkwa Abontsin and Shai Osudoku Districts. The initiative aims to empower 200 young women by providing them with essential health knowledge and sustainable menstrual products.

## **This report will:**

- Evaluate Impact
- Identify Key Findings
- Provide Recommendations
- Document Successes







# Methodology

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## Data Collection Methods



Pre and Post Session Feedback Forms

Participant Testimonials

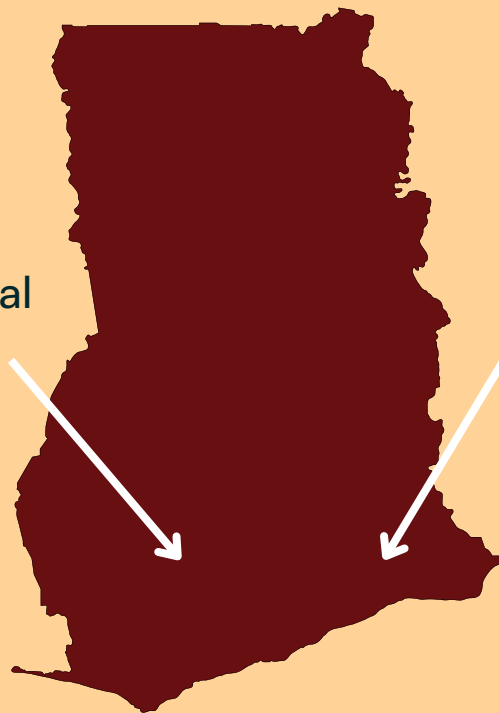
Facilitator Testimonials

# Participants



9-19 years old

127 girls in the Central  
Region



104 girls in the Shai  
Osudoku District

Schools were scouted and liaised within the particular areas targeted due to the high prevalence period poverty. Communication and partnerships were established through the school leaders (Central Region) and an NGO partner in the Shai Osudoku District who coordinated the gathering of the girls from across various schools in that particular district.

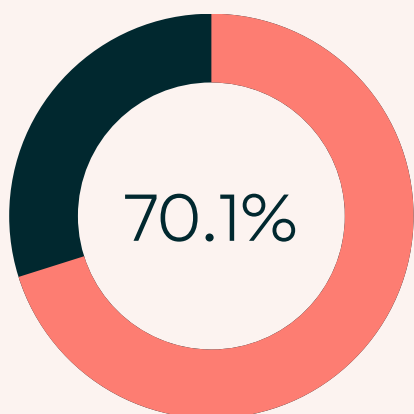






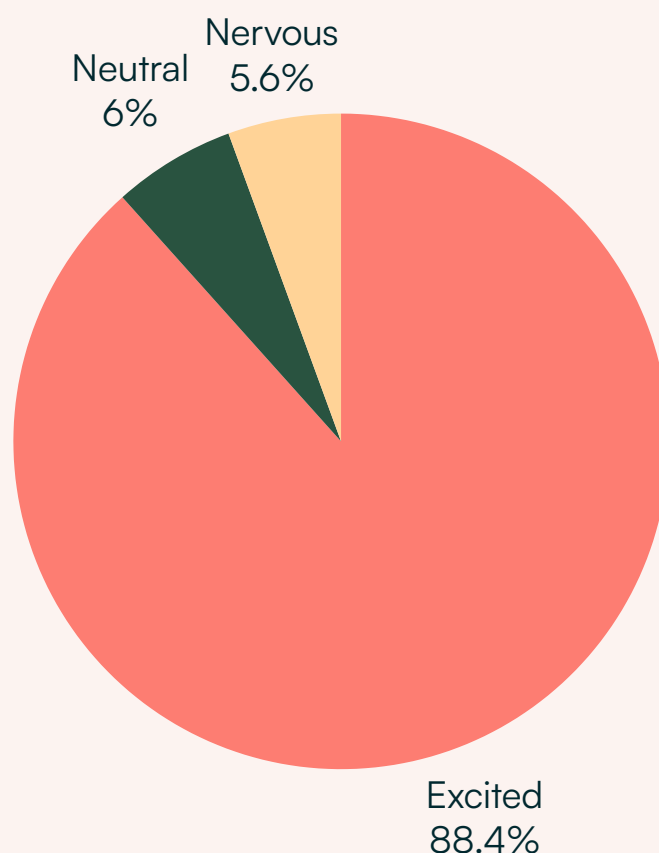
# Pre-Session Feedback Analysis

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For majority of the beneficiaries, this was their **first exposure** to this type of educational initiative.

Out of the 215 beneficiaries who responded to this question, majority were **excited** about attending the workshop.

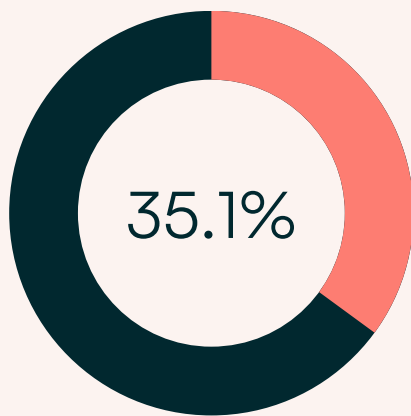
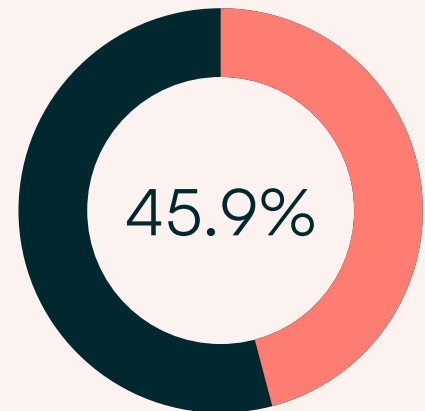


## What do they want addressed?

Majority of questions related to gathering more knowledge about menstrual cycles/menstruation, understanding and managing menstrual symptoms as well as menstrual hygiene practices.

## Health and Menstrual Hygiene

A significant proportion reported problems accessing menstrual products such as sanitary pads.



35.06% of participants reported missing school due to their menstrual cycle. An average 3.66 days is missed per month.

# 27,714

hours of education lost amongst this cohort of beneficiaries.

## Why?

Menstrual symptoms - pain  
Insufficient funds to acquire sanitary pads

These findings underscore the significant impact of menstrual health issues on education and the need for both health education and practical support.



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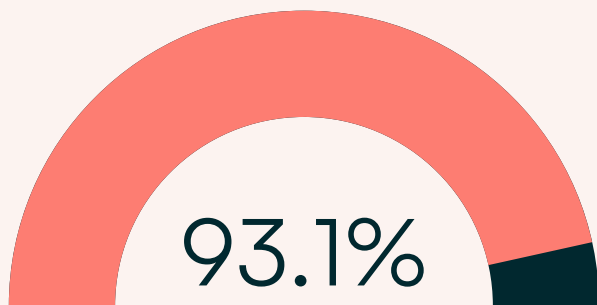
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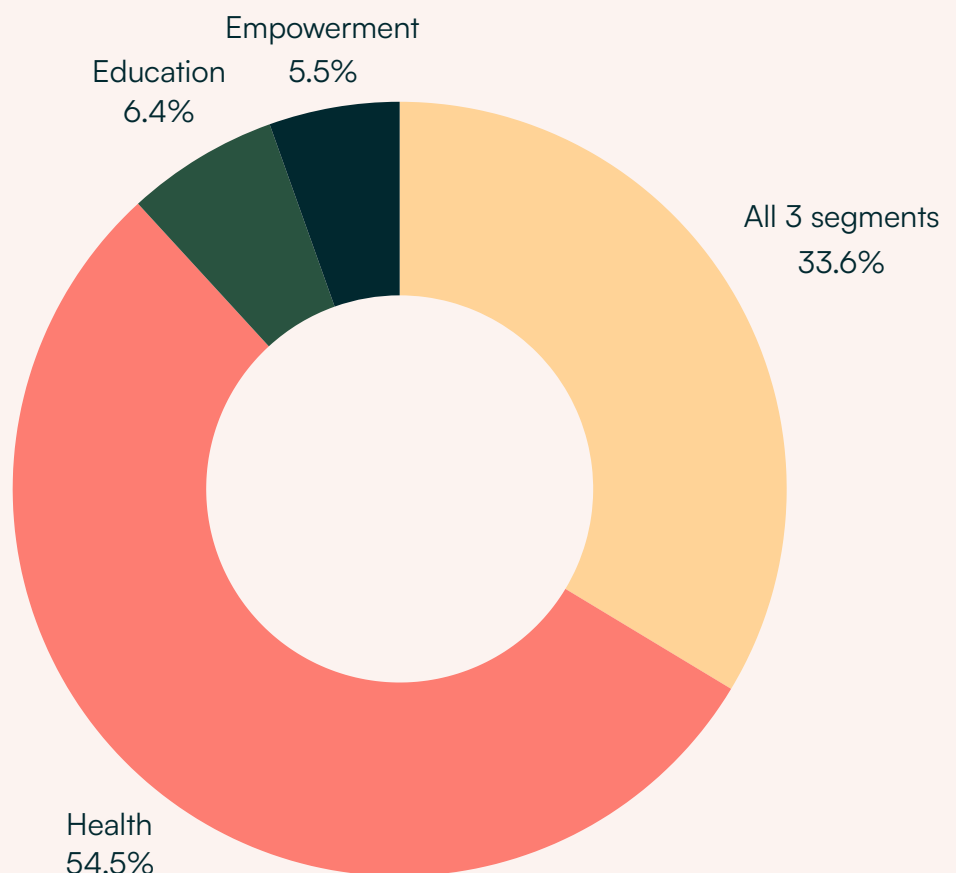
# Post-Session Feedback Analysis

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215 out of 231 beneficiaries (93.07%) reported that the workshop met and exceeded their expectations.

The Health segment was deemed the most valuable aspect of the workshop, followed by the entire workshop as a whole.



An overwhelming 99.13% of participants would recommend the workshop to others, indicating a high level of perceived value and relevance.



After attending the workshop, participants reported feeling...



This positive shift in emotional state suggests that the workshop had a significant impact on participants' self-perception and outlook.

### **Most frequently mentioned key takeaways included:**

- Menstrual hygiene and self-care
- Proper use of sanitary pads
- Understanding consent and the ability to say no
- Boosting confidence and bravery in decision-making
- Embracing the concept of "my body, my choice"
- Improving public speaking skills

**93.1%** reported feeling more prepared to address challenges discussed during the workshop.

## Areas for Improvement

<b>Expanding the reach by bringing more people</b>
<b>Implementing regular follow-up meetings (e.g. every 4 weeks)</b>
<b>Improving technical aspects (e.g. projector and microphones)</b>
<b>Incorporating more debates</b>
<b>Teaching more songs and playing more games</b>
<b>Extending session time</b>

The post-session feedback analysis reveals that the Like Her Project workshop had a significant positive impact on participants. The high levels of satisfaction, valuable takeaways, and intentions to make positive life changes indicate that the workshop successfully addressed its goals of education, health awareness, and empowerment. The areas for improvement suggested by participants provide valuable insights for enhancing future sessions, ensuring the continued relevance and effectiveness of the Like Her Project.







# Discussion

## Success and Strengths of the Workshop

1

### High Satisfaction Rate

Indicates that content and delivery were well-aligned with the participants' needs and interests.

2

### Effective Health Education

Most valuable part of the workshop that addressed the critical need identified in the pre-session feedback.

3

### Empowerment and Confidence Building

Initial excitement & nerves were transformed into feelings of empowerment, confidence and motivation.

4

### Practical Life Skills

Valuable practical skills gained, including proper use of sanitary pads, understanding consent and improved communication abilities.

# Discussion

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## Areas for Improvement

1

### Session Duration and Depth

By popular demand, beneficiaries wanted the sessions to be longer.

2

### More Interactive Elements

To further increase engagement opportunities, students requested more songs and games.

3

### Follow-up Support

The suggestion for regular follow-up meetings indicates a need for ongoing support and education beyond the initial workshop.

4

### Technical Enhancements

Need for improved AV equipment (projector and microphone) highlight the importance of clear communication in large group settings.

# Impact on Participants

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Short-Term Benefits	Long-Term Benefits
<p><b>Increased Knowledge</b></p> <p>Participants gained crucial information about menstrual hygiene, consent, and self-care, addressing many of the questions and concerns raised in the pre-session feedback.</p>	<p><b>Educational Continuity</b></p> <p>This project will reduce school absenteeism, potentially improving long-term educational outcomes.</p>
<p><b>Emotional Empowerment</b></p> <p>The positive shift in emotional states from pre- to post-session indicates an immediate boost in confidence and self-esteem.</p>	<p><b>Personal Safety</b></p> <p>Participants' intentions to apply knowledge about consent and report inappropriate behaviour suggest improved awareness of personal boundaries and safety.</p>
<p><b>Preparedness for Challenges</b></p> <p>With 93.07% of participants feeling more prepared to address challenges discussed in the workshop, there's a clear indication of improved self-efficacy.</p>	<p><b>Career Aspirations</b></p> <p>The project reinforced or inspired career goals, with many participants expressing aspirations in fields like healthcare, education, and law enforcement.</p>
	<p><b>Sustainable Behaviour Change</b></p> <p>Participants' stated intentions to make positive changes in their lives, from improved hygiene practices to increased focus on education, indicate potential for long-lasting impact.</p>

The Like Her Project workshop demonstrates significant success in addressing the educational, health, and empowerment needs of young African women. The high satisfaction rates, coupled with the tangible knowledge gains and emotional growth reported by participants, underscore the workshop's effectiveness. Areas for improvement primarily relate to expanding and enhancing the existing successful format rather than fundamental changes. The workshop's impact extends beyond immediate knowledge transfer, potentially influencing long-term educational, career, and personal development outcomes for participants. These findings support the continued implementation and potential expansion of the Like Her Project.

# Acknowledgements

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## **We extend our heartfelt gratitude to:**

- Kwanda, our partner & sponsor, whose support made these impactful sessions possible, enabling us to reach over 200 girls with this vital program.
- The beneficiaries from the Central Region and Shai Osudoku District for their enthusiastic engagement and valuable feedback.
- The facilitators and staff of the AKAYA Foundation for their dedication and expertise in delivering the Like Her Project workshop.
- The schools and communities that welcomed and supported the Like Her Project, recognizing the importance of empowering young women.









# Thank You!



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