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# PEER EDUCATION KABAROLE

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## End-of-year Report January 31, 2022

Peer Education Kabarole (PEK) is a school-based peer education program in the Kabarole District, western Uganda. The program aims to improve student health knowledge through the use of student Peer Educators.

**Peer Education Kabarole**  
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*An initiative of*

H.E.A.L. International, Edmonton, Canada  
[www.healinternational.ca](http://www.healinternational.ca)

## **INTRODUCTION**

This report provides a summary of all Peer Education Kabarole (PEK) activities for the fiscal year 2021/2022 ending on January 31, 2022. More details on PEK activities can be found by contacting the PEK Office in Uganda at Kabarole District Health Department in Fort Portal, Boma or H.E.A.L. International in Canada.

## **PEER EDUCATION KABAROLE OVERVIEW**

Peer Education Kabarole is a non-profit community-based organization that trains youth peer educators to inform, empower and encourage their peers to better handle health and general life challenges. PEK's focuses on training youth on leadership and health skills that they then share with their classmates in order to encourage positive health and behaviours. PEK originally started with training peer educators on sexual and reproductive health but has since expanded its curriculum to include a range of health topics. PEK's activities are delivered in Fort Portal City, Kabarole District and Bunyangabu District. Funding and technical support is provided by HEAL International located in Edmonton, Canada.

### ***Peer Education Kabarole Administration***

Peer Education Kabarole consists of three part-time staff: Director, Banura Lilian; Programme Coordinator, Mwesige Richard; and secretary, Aliraake Regina. The Director is the general administrator of all PEK programs. Together with the Programme Coordinator, she ensures the proper and efficient running of the program according to approved work plans.

Oversight of PEK is undertaken by a Board of Trustees who play a role in planning and overseeing PEK activities. The Board consists of six members and is currently chaired by Kemigabo Catherine, the Kabarole District Health Educator. The other board members are: Hajji Ray Bashir, Birungi Denis, Asaba Jennifer, Twesige Emmanuel and Arif Alibhai. In 2021, the annual board meeting was cancelled due to COVID-19, but the board was informed of the workplan and key decisions were approved electronically.

### ***District Executive Committee***

This is a committee of student representatives who are responsible for monitoring and supervising the activities of PEK clubs in schools. This committee works together with the school administration to ensure that the program's objectives are achieved. The Executive Committee consists of five students who are elected to serve for a one-year term of office. The Executive Committee met once last year.

The District Executive Committee for 2020 were: Chairperson Kasande Margret (Fort Portal S.S.), Vice Chairperson Ahabyona Godet (Mpanga S.S.), Secretary Kenyange Martha (Mpanga S.S.), and Treasurer Tumusiime Joshua (Kitumba S.S.).

### **Matrons and Patrons.**

This is a team of carefully selected teachers from every school. All 15 school clubs have either a matron or a patron depending on the choices each club made. Currently we have 7 female teachers and 8 male teachers who serve as PEK Matrons/Patrons. These Matrons/Patrons are responsible for monitoring activities and connecting students to the school administration and the PEK staff. We usually work with them to ensure that even in our absence all our activities can be implemented as earlier planned. During the COVID-19 lockdown we kept in touch with them through phone calls and SMS chats. Most of our Peer Educators do not have phones so our Matrons/Patrons used to communicate with parents and Peer Educators through the parent's phone. Matrons/Patrons would give us feedback immediately in case there was need for us to intervene

### **Finance and Accountability.**

H.E.A.L International, a Canadian based charity agency, is our major funder. H.E.A.L. International plays a role in the planning of programs and ensuring the proper use and accountability of funds. A representative of HEAL International, Tom Rubaale, helps to check all our incomes and expenses on a weekly basis.

## **PEER EDUCATION KABAROLE ACTIVITIES OVER THE PAST YEAR**

### **A. Participating Schools.**

Below is a list of the 15 schools that were part of the PEK program in 2020/2021:

- St. Leo's College
- Kamengo S.S
- St. Maria Goretti S.S
- Kyebambe Girls S.S
- King of Kings S.S
- Kabarole Adventist S.S
- Fort Portal S.S
- Kahinju S.S
- Mpanga S.S
- Kibiito S.S
- Rwimi S.S
- Ruteete S.S
- Kitumba S.S
- Nyakigumba Parents S.S
- Busiita Primary School

### **B. Handover and orientation workshop.**

This event takes place annually, but for the last two years we have not been able to conduct any due to COVID-19 restrictions.

### **C. Radio programs.**

Mountains of the Moon University radio, a local FM radio station in Fort Portal town donate a 60-minute slot once or twice a month for Peer Educators to discuss health topics with their listenership. All participating schools are given equal opportunities to present during these radio programs. We were able to conduct 10 radio talk shows last year.

### **D. Training and field visits.**

At the beginning of 2021 we were able to conduct Sexual Reproductive Health Training sessions in 15 schools before the second lockdown was announced. During these sessions we targeted mainly Senior One, Senior Two and Senior Three classes. Participants ranged from 50-100 Peer Educators, depending on the size of the school. Topics and the schedule of visits depend on the school's interests, needs and availability. In 2020/2021, we provided training to **827** Peer Educators (**355 males** and **472 females**).

## **E. COVID-19 POSTERS**

At the beginning of 2021, some schools had started teaching and there was a need to inform students of COVID protocols. The program arranged for 500 posters to be printed and distributed to all schools. In January 2022, the program printed an additional 500 revised posters that were again distributed to all schools. These served as a reminder of the procedures students should use to keep themselves safe.

## **SIGNIFICANT ACHIEVEMENTS AND CHANGES:**

- ❖ Due to lockdowns, we were able to make some changes in our operations in order to keep in touch with our peer educators and matrons /patrons. These changes included:
  - Use of phone calls to reach out to peer educators, parents, guardians, matrons, and patrons. In 2021, we made close to 800 calls to encourage learning and to share important health messages.
  - We delivered Short Message Services (SMS) to over 1000 peer educators, patrons, matrons' parents and guardians.
  - We made 6 home visits to peers who had challenges.
- ❖ In Canada, HEAL international worked with volunteers to develop a peer educators mental health training manual that will be implemented in the 2022/2023 program year.

## **OUR CHALLENGES:**

- ❖ COVID-19 has been our biggest challenge; all schools were shut down and the tough restrictions that put almost all our activities on stand still. This meant having to work online in our homes until government lifted the lockdown in January 2022.
- ❖ Currently, schools are busy restarting classes, making it difficult to find time to meet with students. Due to COVID-19 boarding schools have implemented restrictions on outsiders coming into the school, preventing us from initiating activities in the school.
- ❖ We tested our Peer Education model in a primary school but find that the learners are too young to comprehend our training materials.

## **ACKNOWLEDGEMENTS**

We wish to extend our sincere appreciations to all our partners and supporters listed below:

- ❖ Health Education and Leadership (H.E.A.L.) International for funding and supporting our programs, especially our key donors Dr. and Mrs. Karim and Shenaz Shariff and Diane Albrecht.
- ❖ Kabarole Local Government District Health Department for technical and leadership support on health education to Peer Educators.
- ❖ Youth and Women Empowerment (YAWE) Foundation for technical support, medical services to our Peer Educators and literature materials.
- ❖ Reproductive Health Uganda for providing medical services to our Peer Educators on low-cost basis, literature materials and health professional for sexual reproductive health training.
- ❖ Our Board of Trustees for their voluntary service to the youth in Kabarole District
- ❖ All Executive Committee members, Peer Educators and volunteers for their voluntary service to the mission of the organization.
- ❖ Mr. Tom Rubaale for his guidance and additional oversight of the funds disbursed to the PEK program.

Respectfully submitted by



Mwesige Richard  
Program Coordinator



Banura Lilian  
Program Manager

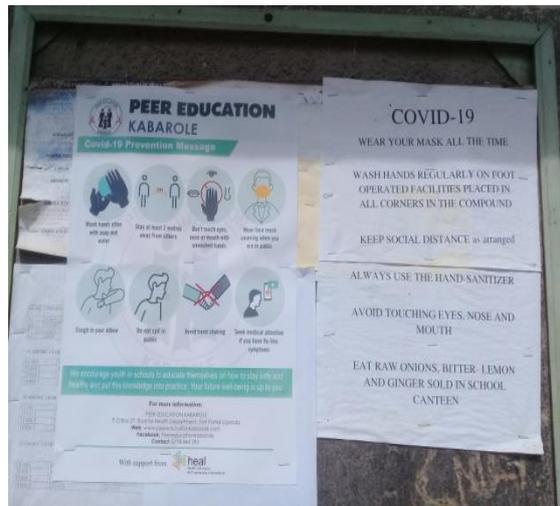
----- PHOTOS -----



*Kahinju Senior Secondary School training*



*Patron Kibiito SS looking at the PEK COVID-19 poster*



*PEK COVID19 POSTER 2021*



*Busiita Primary School during a session*



*Peer Educators from Kyebambe girls and St. Leos College during a radio talk show at MMU*



*Peer Educators from Mpanga SS during a radio talk show at MMU*