Community Education Services
Supporting Young Orphans in Kenya
Agenda

• What is CES?
• Overview of the PAD Project
• Proposal
• Progress
Introduction to CES

- Founded in 2004, supported 100% by donor funds, CES helps 200 youth (mostly girls) attend school.
- CES-funded projects include WASH, farm/chicken project, mosquito net program, solar lamp program, pen-pal program, computer lab program, wells, & PAD project.
PAD Project Research Methodology

• Survey distributed by female CES volunteers in fall of 2009
  • 807 girls ages 13-17 years at 7 different schools
  • Distributed by school

• Questions included:
  • How many days of school do you miss on average per month?
  • What products do you use during your menstrual cycle?
  • Can you afford sanitary pads?
  • Have you experienced infection from the use of products other than sanitary pads?
PAD Project is a Tremendous Opportunity for Young Females

- **Survey Results:**
  - 70% miss *3 days of school/month* due to inadequate feminine hygiene products
  - Inability to afford sanitary pads + lack of education regarding menstruation
  - *65% use rags* rather than sanitary pad items during their menstrual cycle; over *70% have experienced infections* as a result
    - “The rags cause painful sores, they are smelly and uncomfortable and embarrassing. I am uncomfortable because I am worried my clothes will be full of blood so I remain sitting. The pads are too expensive.”

- **Conclusion:** Lack of access to simple products → negative effect on school performance and embarrassment among peers
PAD Project’s Inexpensive Proposal to Aid CES Students

1. Distribute pads once/year
   - Reusable pads recommended (cost-effective)
   - Pads made by local women hired by CES

2. Provide underwear, buckets, and soap for cleaning
   - Most girls did not have proper underwear
   - Buckets designed with a lid to reduce odor and for privacy

3. Educate with information sessions by female Kenyan health professionals
   - Many girls said that there is a need for more education about menstruation and sex education

Total cost: $6/year/student or $720/year!
PAD Project Yielding Success

- PAD Project supporting **120 students/year**
  - Goal is to increase number of students involved, as funding permits
- CES approach is unique: providing pads as well as additional materials
- Sex education aspect has been highly beneficial
  - Girls have been very open with asking questions – maintaining anonymity helps
- Pads are now made by local women
"The PAD project has been highly successful over the past four years. Most importantly, CES girls have achieved better school attendance. CES sponsored students stand at the top of their class and their grades have improved overall. The PAD program is largely responsible for this. In addition, two experienced educators, former CES Principals, are now visiting schools on a regular basis to ensure all girls are comfortable with and actively using the resources provided."

- CES Kenya Patron Malik Khaemba
Lessons Learned for Future Research

• Survey is helpful means of gathering information
• Relationship of trust and anonymity are key
• Important to abide by cultural norms
• Challenges
  • Determining the role and attitudes of teachers excluded from the process by necessity
  • Compiling a reasonable baseline amount of data to assure accuracy
  • Ensuring that students fully understand each survey question
    • Literacy is an issue
    • Survey also takes away from classroom time.
Lessons Learned for PAD Project/Implications for Broader Context

• Young female students in Kenya appreciate information sessions with female community nurse
  • Learn about the menstrual process and their bodies generally
• Reusable pads are affordable – just need a sewing machine
  • Can be made by members of the local population
• Important to take into account stigma and embarrassment girls face regarding their periods
Navakholo SS Model Farm

Sumuleti SS Well

Sumuleti SS Dormitory