



December 2021 Featured Project

Building confidence, fostering change



TOGETHER WOMEN RISE

Introducing Komera

Komera Girls Sexual Reproductive Health Initiative

Supporting the empowerment of adolescent girls and teenage mothers

- by fostering behavioral change and
- preventing adolescent pregnancy through SRH training, economic empowerment, and the creation of supportive families and communities



About Rwanda

- Population nearly 13 million
- Located in Central Africa
- One of Africa's most densely populated countries
- 1994 genocide decimated country's fragile economic base
- Agriculture accounts for about 63 percent of export earnings



Life Challenges

For women in Rwanda

- Negative cultural beliefs and patriarchal attitudes limit girls' education
- In rural Kayonza District, girls expected to marry and raise children
- Shame surrounds sexual and reproductive health



The Project

Project objectives:

- Implement high-quality, comprehensive training for adolescent girls with knowledge about self-confidence, decision making, SRH, and teen pregnancy prevention
- Strengthen self-confidence, skill based training, and economic empowerment for teen mothers
- Ensure that adolescent girls and teenage mothers are emotionally strong and safe by promoting a supportive environment

1,000 DIRECT BENEFICIARIES (TEEN MOTHERS, ADOLESCENT GIRLS, PARENTS) AND 6,500 INDIRECT BENEFICIARIES (FAMILY MEMBERS)



The Project

Components

- Mentorship and social-emotional support program for adolescent girls
- Health counseling for girls and teen mothers about SRH and gender-based violence, and access to feminine hygiene and family planning supplies
- Vocational skills program for teen mothers



Budget

Item	Description	Cost
Program Personnel	Includes a portion of the salary for the Program Director, Social Worker Manager, and Nurse, curriculum development and support, and mentor stipends	\$10,750
Teen Mother Economic Empowerment Program	Includes vocational program training, business toolkits, a portion of transport, supplies and food and beverages	\$15,000
Adolescent Girl Preventative Program	Includes a portion of costs for workshop facilitators, transport and supplies for girls, and food and beverages for girls during training	\$5,750
Female Health Counseling Post	Includes a portion of costs for feminine hygiene materials (pads, soap, etc.), and education tools and materials such as brochures and flyers on menstruation	\$3,500
TOTAL		\$35,000

About Komera

- Founded in 2007 by Margaret Butler, former primary school teacher and former professional runner
- Butler spent one year living in a remote village in Rwanda
- She explored the countryside during daily runs, often ran with groups of boys, but not girls
- Girls inspired a girls-only fun run that promoted rights and education of Rwandan girls
- As girls ran, shouts of “Komera!” (meaning “be strong and courageous”) could be heard from the crowd

Share your thoughts

- How do you think emphasizing confidence and agency relate to sexual reproductive health education?
- Why do you think focusing on younger adolescent girls is important in this project?
- As scholars become mentors, what impact do you think that has on girls in the community?





December 2021 Sustained Grantee

The BlinkNow Foundation

Kopila Valley Women's Center

March 2014 Featured Grantee

- Serves women and children in lowest economic sector of the population in Surkhet, Nepal
- Women face extreme poverty and lack of access to education and health care after enduring decade-long civil war
- War left entire generation without proper formal education, created thousands of orphaned children



The BlinkNow Foundation

Direct Impact: 270 women

Indirect Impact: 270 members of the community

Kopila Valley Women's Center

- Empowers women in the Surkhet Valley
- Increases their earning potential and belief in their own worth
- Offers business training classes, community trainings on empowerment, and job skills training to break the cycle of poverty

