December 2021 Featured Project

Building confidence, fostering change
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

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