



cmmb

Healthier Lives Worldwide

Giving girls a chance to DREAM

Testimonies from of our Determined Resilient Empowered AIDS-free and Mentored - DREAMS Program in Kenya and Zambia



Meet 14-year-old Leah

The DREAMS Club gives us the chance to dream.

In my community, parents prioritize sending boys to school. This makes girls feel unimportant and leaves us vulnerable in so many ways; vulnerable to abuse, rape, and kidnapping. It also takes away our chance to dream and build a better life. This makes us feel less valued. The DREAMS Club empowers us to think of ourselves differently.

In the DREAMS Club, we learn about the things that make us feel neglected and how to tackle them. We learn about HIV/AIDS prevention and management and ways to stay safe.

I would love to help girls who are not enrolled in school find their way into the classroom. I want to reach out to them and end their neglect, so that they don't go through what I did.

When I grow up, I'd like to be a doctor. I see the great impact that doctors have in Kenya and how many people they save by giving them medical care. I would love to help my people.

"It's a club that empowers girls and women and it helps us feel as if we are not forgotten."

— Leah Muthoni, 14, Form 1 Oasis Secondary School, Nairobi

Meet Teacher Sarah Alupot

I love working with these girls, knowing that what I do makes a difference in their lives. They come from such poor households – it is hard to describe the level of poverty here. Parents are unable to provide even the most basic of needs, like clean water, food, a bed. Because of this lack of basic care, the children are vulnerable to sexual and labor exploitation.

The children look to us - their teachers and mentors - as surrogate mothers and fathers. We play a big role in protecting them and filling in where their parents are unable to. They confide in us with such hope and it is a gift to be here for them.

The DREAMS program helps us to help them. Especially the girls who are always the most vulnerable. We are able to give them sanitary pads and an extra pair of underwear, which may not seem like much but can make all the difference for a girl. It means she can come to school no matter what. It solves many problems around sanitation and menstrual health.

My dream for DREAMS is that it will grow. We need more mentors and staff to ensure we reach more children with the care and psychological help they do desperately need.



“In the DREAMS program, we encourage impoverished teens; we make them feel valued and cared for.”

– Sarah Alupot, 34 - teacher, counsellor and Patron of the Dreams Club



Meet 15-year-old Faith

My hope is to use everything that I am learning from the DREAMS clubs to help orphans, street children, and young people addicted to drugs.

I am always telling other young people to join – telling them how important it is to know what's good and what is bad and how to make good choices in life.

It has been especially important for us girls. I remember the first time I got my period – I was panicked. I thought I was dying. The mentors teach us about how our bodies work so that we can be courageous and make good decisions.

Too many girls in my community never finish school, often because they get pregnant. This is one of the main challenges my community is facing. DREAMS clubs can help fight this. Knowledge is power.

I would love if the DREAMS club would add an outreach component – to go to the streets where the most vulnerable are – and give them advice and support.

“It gives us a chance. That's more than we had before DREAMS.”

– Faith, 15, Form 1 Oasis Secondary School, Nairobi

Meet 13-year-old Deslyne

The Dreams Club is a place that helps girls get better. It teaches us to understand our rights and face our fears. It gives us solutions to the abuse that we face in our lives.

Since the Dreams Club installed the toilet we all feel a little more dignity and I have learned that it helps keep us healthy.


What do I love the most about the DREAMS club? The mentors! It's like having a mom at school. Someone you can trust and go to if you need help.

I love that I am learning things that will help me to help myself and my community.



“It’s nice to have someone you can go to when you are afraid or unsure.”

— Deslyne 13, Std 8 Kanyorosha Education Center, Nairobi KENYA



“Brothels and bars were
my official workplace.”

- Anna, 15, Zambia

*It all changed when I met a young lady
who told me about the DREAMS
initiative.*

*It was like a miracle and I jumped for the
opportunity. Today, my life has changed
for the better. I have stopped sex work
and I'm more respectful to my mother.*

*My wish now is find someone to support
my education. I dropped out in Grade 7
and I have learnt through the DREAMS
sessions that education is critical to my
success in life.*

CMMB DREAMS data October 2016 to August 2017

- Total number of girls (age 10-24) enrolled and attended DREAMS program: 26,034 in Zambia and 2,930 in Kenya
- 45 eco-loos installed in schools
- 75 hand wash facilities installed in schools

