

Model



Friends International

**CHARACTER DEVELOPMENT PROGRAMME
IN SCHOOLS AND LOCAL COMMUNITIES**

Counselling Based Project



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Title:

Character Development and Youth Empowerment
In Communities.

Target Age:

12years and above

Programme Strategy:

Counselling

Time frame of Projects:

Start Date: March to April

End Date: October to December

Country of Implementation:

NAMIBIA

Name of Existing Agency:

Model Friends International,
NIGERIA, DRC, ZAMBIA, ZIMBABWE, AND USA

Contact Person:

Dr. NDOZI-OKIA HENRY
Africa Project Director

Physical Address:

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Beside the Khomasdal Campus of UNAM.

PROJECT BACKGROUND

CIRCUMSTANCES THAT INFLUENCED MODEL FRIENDS INTERNATIONAL NAMIBIA

INTRODUCTION

Model Friends International is a mobile counselling organization with an unquenchable drive to see young people take the path of discipline and respect. Model Friends Projects has been successful in Nigeria, DRC, Zambia, USA, etc.

HEALTH

The minister of Health and Social Services, Richard Kamwi, recently warned in the Namibian newspaper ***“Drug abuse in Namibia hits all –time high”***.

The minister said that Namibia cannot allow herself to be turned into a drug consumer country and ***he called on every Namibian to act as a whistle blower against the seller and abusers of illicit substances.***

In another development, The United Nation Acting Resident Co-ordinator, Joyce Mends-Cole also shared the minister’s concerns. She under-lined that drugs abuse is threatening the developmental gain made since independence. The minister reiterated his concern that the women and children end up to suffer domestic violence due to these alcohol and drug abuse.

Recent Data of UNICEF Namibia

The UNICEF universal periodic review, in July, 2010 indicates that the HIV/AIDS epidemic is stabilising in Namibia, it remains a country with one of the highest prevalence rate globally at 17.8% prevalence amongst pregnant women and over 13% in general adult population. Of the new infections, an estimated 31% are among young people aged between 15to24years and 68% of these females. According to this data, women in Namibia are becoming infected.

SECURITY/PROTECTION

Violence denies women their human rights including the right to security, respect, personal development, growth, and dignity.

Shocking Police Investigation Report:

January 13, 2011, police investigation at the Rundu State Hospital recorded a shocking 447 teenage pregnancy case during 2010. ***This figure of 447 is only for***

girls, aged 12 to 17 years who are below the age of consent. However, due to this pregnancy rate of underage girls, the police was prompted to investigate the cause.

Suicides in North and Rehoboth Soars

Suicides are continuing to spiral in the far North of Namibia with a total number higher than last year. Police statistics shows that from May 2010 up until January 2011, 58 people had died by their own hand by hanging or shooting themselves.

The records by NV IKEALUMBA and I.D COUPER from St. Mary's Hospital Rehoboth states that more than 46 underage teenagers of 10 to 20 years (19 male and 27 female) committed suicides in Rehoboth in 2006.

EDUCATION

Shocking Revelation:

The minister of Education, Abraham Iyambo during his new year's address gave a shocking revelation. According to him, a total of 1,493 schoolgirls dropped out of school last year 2010 because of pregnancy and 31 teachers were recorded to have been responsible for some pregnancies. He further, said: 2011 will be "a year of recommitment, better education outcomes, mass drive and mobilisation".

According to Minister Iyambo, he said, "Namibia's education system finds itself at a crossroad. " The decision of which direction and pace we will go is entirely in our hands. The minister said that Namibia needs, "An educational system to serve, to be respected, to create, and preserve what is good and noble."

SOCIAL

Although alcohol is a socially legalized substance. It is still a substance of abuse affecting young people. Study carried out in 2010 to determine the factors that contribute to learners dropping out of secondary school educational programme are due to the follow social problems:

- a. Alcohol, tranquilizers, and marijuana abuse,
- b. Lack of parental/ self-motivation,
- c. Teenage pregnancy,
- d. Difficulty to cope with studies due to emotional and serious psychological distress as a result of night works like night clubbing, staying awake to rob at night and prostitution.
- e. Chronic HIV/AIDS illness.

AIMS OF PROJECT

With this background, it shows that these problems have a wide impact, spreading to families and schoolmates who are affected in terms of psychological stress and low morale. The majority of suicides cases are signs of expectations not met in line of youth counselling and empowerment.

From our research, we discovered that the peak of suicides and attempted suicides by learners and school dropouts are outcomes of December and January grade 10 and 12 results. From this background, *Model Friends International considered all the factors associated with suicides and attempted suicides among young people to be emotional instability and mental psychological depressions resulting from alcohol, tranquilizers, substance abuse like marijuana and socioeconomic fear as unemployed dropped outs in the society.*

However, the alarming calls by the minister of education, minister of health and other government departments to assist in combating these problems, Model Friends International decided to take up the challenge to contribute her skills and 10years experience to the nation in the area of youth counselling.

Model Friends International goal is to act as early primary intervention, prevention counselling organization. The main motive is to deal with the above problems through the involvement of mobile family and communal counselling to encourage teenagers and school dropouts

BENEFIT:

This networking arrangement will prove to be extremely useful in sharing information, experience, and skills on how to deal with the problems and supporting government social workers with family and communal counselling and seminars.

Most people especially the young ones would not want to die voluntary yet more and more people are committing suicides in Namibia month by month. Our organizations knows that government youth social workers need great support for efficiency and are few in numbers compared to 42% of young people nationwide.

Model Friends International will provide vehicles and work force that will help Model Friends International project co-ordinators and government social workers to do follow up's and counselling in communities voluntary.

Extensive use of print and electronic media, banners, car stickers, T-Shirt, brochures, radio, television, talk shows, newspapers, calendars, community meetings and seminars focusing on how to develop young people's potential and talents.

INTERVENTION

CURRICULUM AND STRATEGY

CHARACTER DEVELOPMENT APPROACH

This approach is titled: 'MISSION TO SUPPORT' is a support programme based on the right of choice through counselling. The component teaches the importance of developing an attitude of public mindedness, unselfishness, self-control, not sex control. We also address the issue of pre-marital sexual activity, not just the rates of STD/HIV infections.

An African Traditional Proverb says: ***“Black goats must be caught early, before it is dark.”*** Therefore, these young people should be taught when they are young.

Like the old African adage, ***“you can only bend a fish when it is fresh, because when it is dry you will destroy it”***

- The goal of the intervention strategy of Model Friends International is to transform young people to possess good character in their relationships with the opposite sex.
- The roles and responsibilities of Model Friends International has been solely focused on dealing with wrong habits, actions and desires of young people that leads to greed, sexual lust and early teenage pregnancy
- The objective of Model Friends International is to establish mechanisms for the elimination of all forms of harmful traditional practices of young people committing suicides, murder, including drinking, smoking at early age.
- All HIV/AIDS international conferences urge the design, implementation and monitoring, of effective, efficient and mutually reinforcing programmes in all spheres of development, with the full participation of young and old people.

We hope that everyone, young and old will find this information helpful and take a decision to support our goal to stop this deadly virus and violent ways young people take their life by suicides through hanging and other violent means.

Project Name:

MISSION TO SUPPORT THE YOUTHS

This programme has three parts:

- Knowledge Questionnaire
- Discussion about Character Development on how to discover their potentials
- Distributions of literatures against suicides and violence with visual pictures

Objective 1:

Discussion about Character Development

1a.

List some of the steps necessary for a person to change behaviour

Understand the power of anger and being offended.

Recognize the risk of taking negative decisions to drop out of school.

Understand the consequences of being violent and stubborn to your parents.

Have simply achievable practical steps they can take to avoid violence.

Understand the effects of alcohol, tranquilizers, and drug abuse at early age.

Let teenagers know that suicides are not the solution, that there is better life ahead.

Teenagers from the age of 12 upwards should be able to do the following:

30 Minutes * Complete an HIV/AIDS knowledge questionnaire

20 Minutes * List some of the steps necessary for a person to change character

15 Minutes * Identify the difference between Murder, Suicide and violence.

15 Minutes * List some problems experienced growing up with a single parent.

10 Minutes * Do young people need help in the area of bitterness growing up?

Objective 2:

Complete:

- Learners/school dropout's knowledge questionnaire
- Parent's knowledge questionnaire
- HIV/AIDS knowledge questionnaire

1b.

Knowledge Questionnaire:

These questionnaires are designed simply to measure the general knowledge and some prevailing attitudes about school dropouts and HIV/AIDS awareness. Ask teenagers and parents to answer all questions as honestly as possible, reminding them that no names will be written on the questionnaire. After they finish, collect the answered knowledge questionnaire and then submit to Model Friends International coordinators.

Learners and Dropout's Questionnaire

Instructions

- a) No name is required
 - b) Please answer each question as faithfully as possible
 - c) Write answers in the spaces provided or **tick (✓)** the right answers
- Thank you for your assistance

1. Name of School.....

.....

Indicate if you are a school dropout.....

2. Age: (tick (✓))

10 --14

15 – 18

19 – 21

22 – 25

25 – above

3. Sex: (tick (✓))

4. Which of the following social factors do you experience which affected your studies? Indicate by ticking (✓)

Nervousness at school as a result of :

Drinking: (tick (✓))

Alcohol

Home brew spirits

Smoking: (tick (✓))

Marijuana

Cigarettes

Drugs and other substances

Night business: (tick (✓))

Dancing in clubhouses

Robbery

Prostitution.

5. Ill Health: (tick (√))

Eyesight

Hearing problem

HIV/AIDS

Others.....

6. Place of Studying: (tick (√))

Study room

Living room or dining room

With fellow learners

Under the tree

Others.....

7. School Factors: (tick (√))

Not motivated by teachers

School suspended me

Unsatisfactory or shortage of study materials

Inadequate number of teachers

Overcrowded classes

I don't like my school

In conflict with teachers or Head of Departments

Teachers unfair judgements of my assignments

I do not agree with school rules

I have no tutor to talk to about personal problems

8. Would you be able to enjoy the school without friends? (Tick (√))

Yes

No

9. Do you regard friends as an important part of one's being at the school?

Yes

No

10. Did you repeat JSC level or drop out?

Yes

No

Parents/Guardian Questionnaire

Instructions

- a) No name is required
 - b) Please answer each question as faithfully as possible.
 - c) Answer in the spaces provided or tick (✓) the right answer.
- Thanks you for your assistance

1. Sex : **tick (✓)**

Female

Male

2. **Marital Status : tick (✓)**

Single Mother

Single Father

Married

Widowed

Divorced

3. **How many children do you have?**

4. **How many of your children are in school?**

5. **Educational level: tick (✓)**

Primary

Secondary

Non-formal

None

.....

7. **Occupation.....**

8. **How well can you read the newspaper in English?**

Fair

well
Very
Cannot read

9.What is the study environment like at home? (tick (√))

Quiet
Privacy provided
Noisy
Frequent disturbance occur

10.Do you often experience domestic problems at home? (tick (√))

Yes
No

11.Does your child have friend(s)? (tick (√))

Yes
No

WORK PLAN

ACTIVITIES	Year 1		
	i	ii	iii
Proposal			
Approval of funds			
Distribution of funds			
A. Purchase of equipment and publicity materials for programme.			
B. AWARENESS PROGRAMMES			
I. Training of 20 MODEL FRIENDS INTERNATIONAL volunteers as Character Development Counsellors by experts.			
II. Procure and distribute questionnaires and literatures related to: 1. "WHY TAKE YOUR LIFE BY SUICIDES" 2. "AVOIDING THE TRAP OF BEING OFFENDED"			
III. Organize workshops and conferences in schools and selected community halls in regions			
IV. Organize drama relating to violence in schools or public places In the communities			
C. CARE AND MANAGEMENT			
i. Conducting Mobil Community based operation by the support of community advisors, Social workers and school counsellors as continuous check up plans.			
ii. 20 trained Model Friends International counsellors to visit approved schools twice a month for effective and efficient monitoring and implementation of programmes			
iii. Director of Project/Team Supervisor will monitor the progress on the implementation of the project periodically for proper monitoring and supervision.			
D. TECHNICAL SUPPORT Technical support to develop the project, implementation,			

monitoring and evaluation will be provided by experts from MINISTRY OF YOUTHS and MINISTRY OF EDUCATION			
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Financial Report

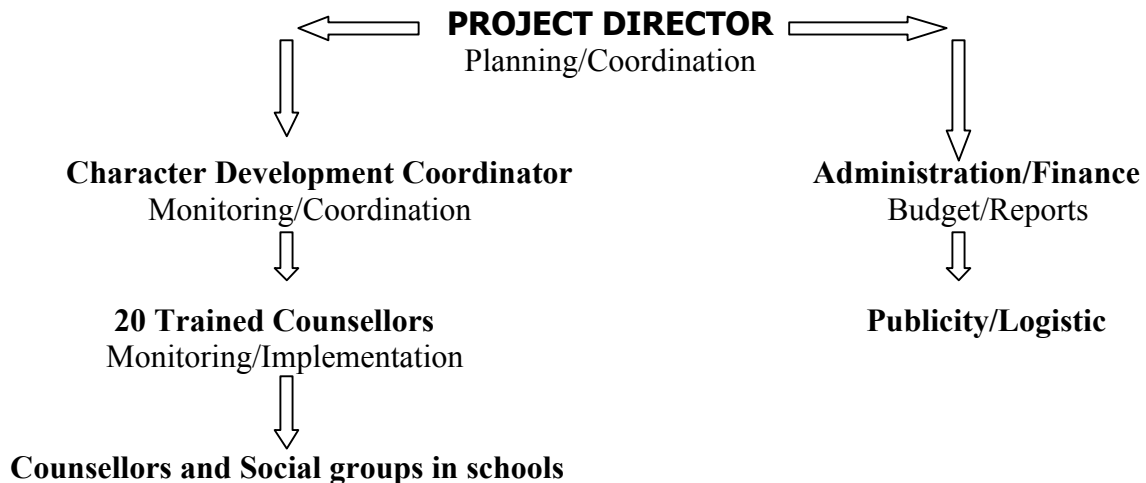
1. Semi-annual financial and progress report, to be submitted. Team Supervisors and selected School Counsellors will prepare brief three-monthly narrative report to Model Friends International Office in Khomasdal.

2. Annual financial and progress report to be submitted to the sponsors of MODEL FRIENDS INTERNATIONAL PROJECTS.

Assumptions and Rick

1. Project relies upon external funds.
2. Heavy administrative process.
3. Ability of community leadership and commitment to continue the project after completion.
4. Logistic problems for the provision of teaching and awareness materials to schools in rural and urban communities.

MODEL FRIENDS INTERNATIONAL DUTY FRAMEWORK ORGANOGRAM



QUESTION ON HIV KNOWLEDGE AND ATTITUDES

<p>1. SCHOOLING? Yes <input type="checkbox"/> No <input type="checkbox"/></p> <p>2. WORKING? Yes <input type="checkbox"/> No <input type="checkbox"/></p>	<p>3. SEX: Male <input type="checkbox"/></p> <p> Female <input type="checkbox"/></p>
<p>4. To which age group do you belong?</p> <p style="text-align: right;">10-14 <input type="checkbox"/></p> <p style="text-align: right;">15-19 <input type="checkbox"/></p> <p style="text-align: right;">20-29 <input type="checkbox"/></p> <p style="text-align: right;">30-39 <input type="checkbox"/></p> <p style="text-align: right;">40+ <input type="checkbox"/></p>	<p>5. Marital Status:</p> <p>Single <input type="checkbox"/></p> <p>Not married, living with partner <input type="checkbox"/></p> <p>Married, living with spouse <input type="checkbox"/></p> <p>Married, not living with spouse <input type="checkbox"/></p> <p>Divorced <input type="checkbox"/></p> <p>Widowed <input type="checkbox"/></p>

6. HIV and AIDS are the same	Yes <input type="checkbox"/> No <input type="checkbox"/>
7. You can get HIV from kissing	Yes <input type="checkbox"/> No <input type="checkbox"/>
8. Breast feeding can transmit HIV	Yes <input type="checkbox"/> No <input type="checkbox"/>
9. Can people protect themselves from HIV by always using condoms?	Yes <input type="checkbox"/> No <input type="checkbox"/>
10. Can people protect themselves from HIV by only having sex with one faithful partner who is HIV negative?	Yes <input type="checkbox"/> No <input type="checkbox"/>
11. A person can get HIV from mosquito bites	Yes <input type="checkbox"/> No <input type="checkbox"/>
12. Faithful married woman can get HIV	Yes <input type="checkbox"/> No <input type="checkbox"/>

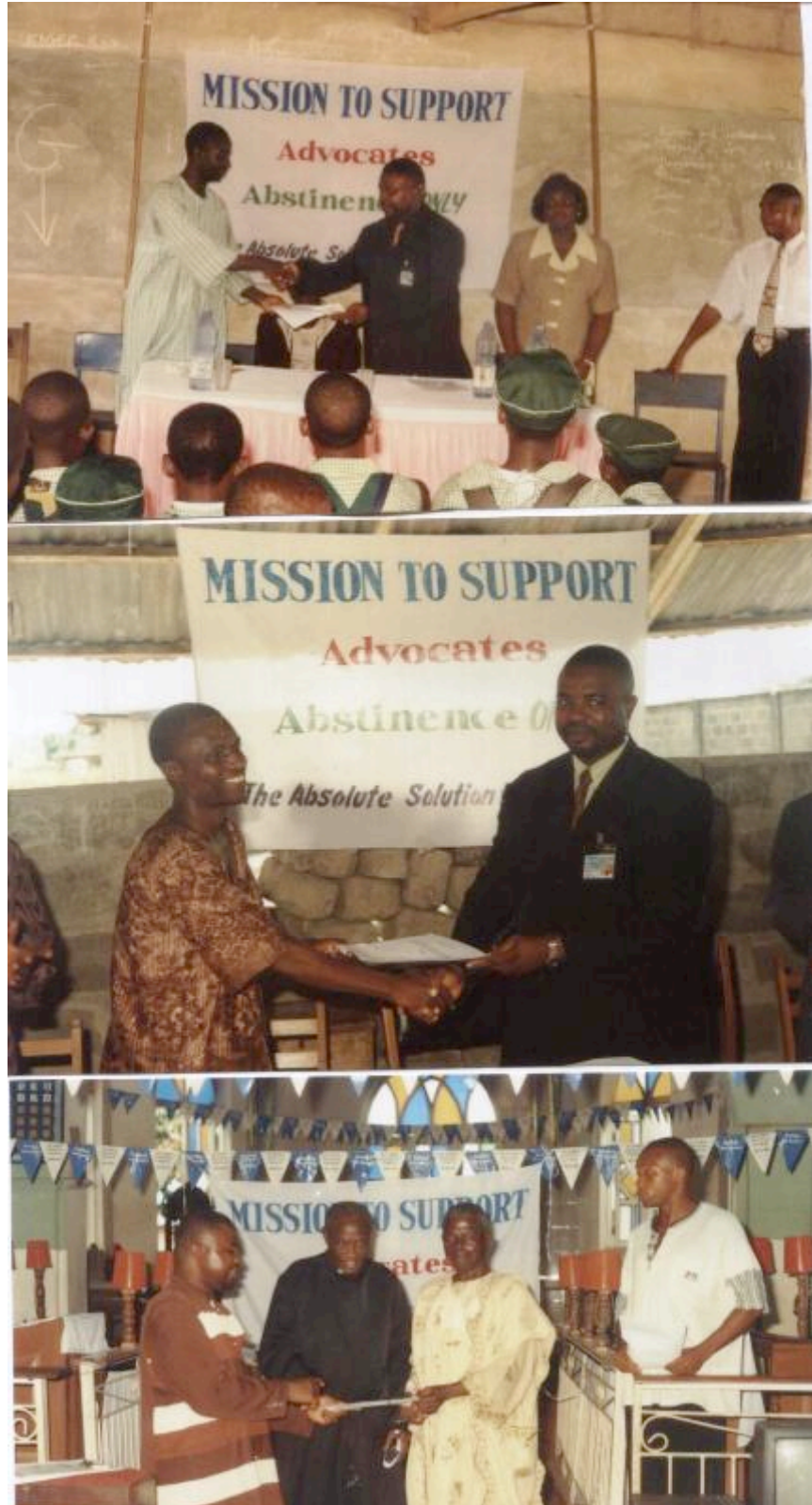
13. Most people with HIV look sick	Yes	<input type="checkbox"/>
	No	<input type="checkbox"/>
14. Some condoms have invisible holes through which the virus can pass	Yes	<input type="checkbox"/>
	No	<input type="checkbox"/>
15. All children born to HIV positive women will get HIV	Yes	<input type="checkbox"/>
	No	<input type="checkbox"/>
16. People with HIV can only do light work	Yes	<input type="checkbox"/>
	No	<input type="checkbox"/>
17. TB can be cured in persons with HIV	Yes	<input type="checkbox"/>
	No	<input type="checkbox"/>
18. Some traditional healers can cure AIDS	Yes	<input type="checkbox"/>
	No	<input type="checkbox"/>
19. There are drugs that can cure AIDS	Yes	<input type="checkbox"/>
	No	<input type="checkbox"/>
20. People do not go for an HIV test, because they are afraid of HIV or has died of AIDS?	Yes	<input type="checkbox"/>
	No	<input type="checkbox"/>
21. Do you know someone at workplace, who is infected with HIV or has died of AIDS?	Yes	<input type="checkbox"/>
	No	<input type="checkbox"/>
22. Do you know where you can go for an HIV test?	Yes	<input type="checkbox"/>
	No	<input type="checkbox"/>
23. Did you ever go for HIV testing?	Yes	<input type="checkbox"/>
	No	<input type="checkbox"/>
24. It is always easy to obtain condoms where I work	Yes	<input type="checkbox"/>
	No	<input type="checkbox"/>
25. If you knew a food seller had HIV would you buy food from him or will share a meal with HIV person?	Yes	<input type="checkbox"/>
	No	<input type="checkbox"/>
26. If a member of your family become ill with AIDS would you want it to remain secret?	Yes	<input type="checkbox"/>
	No	<input type="checkbox"/>

***This test is anonymous and fully confidential. You should not put your name on the form.**

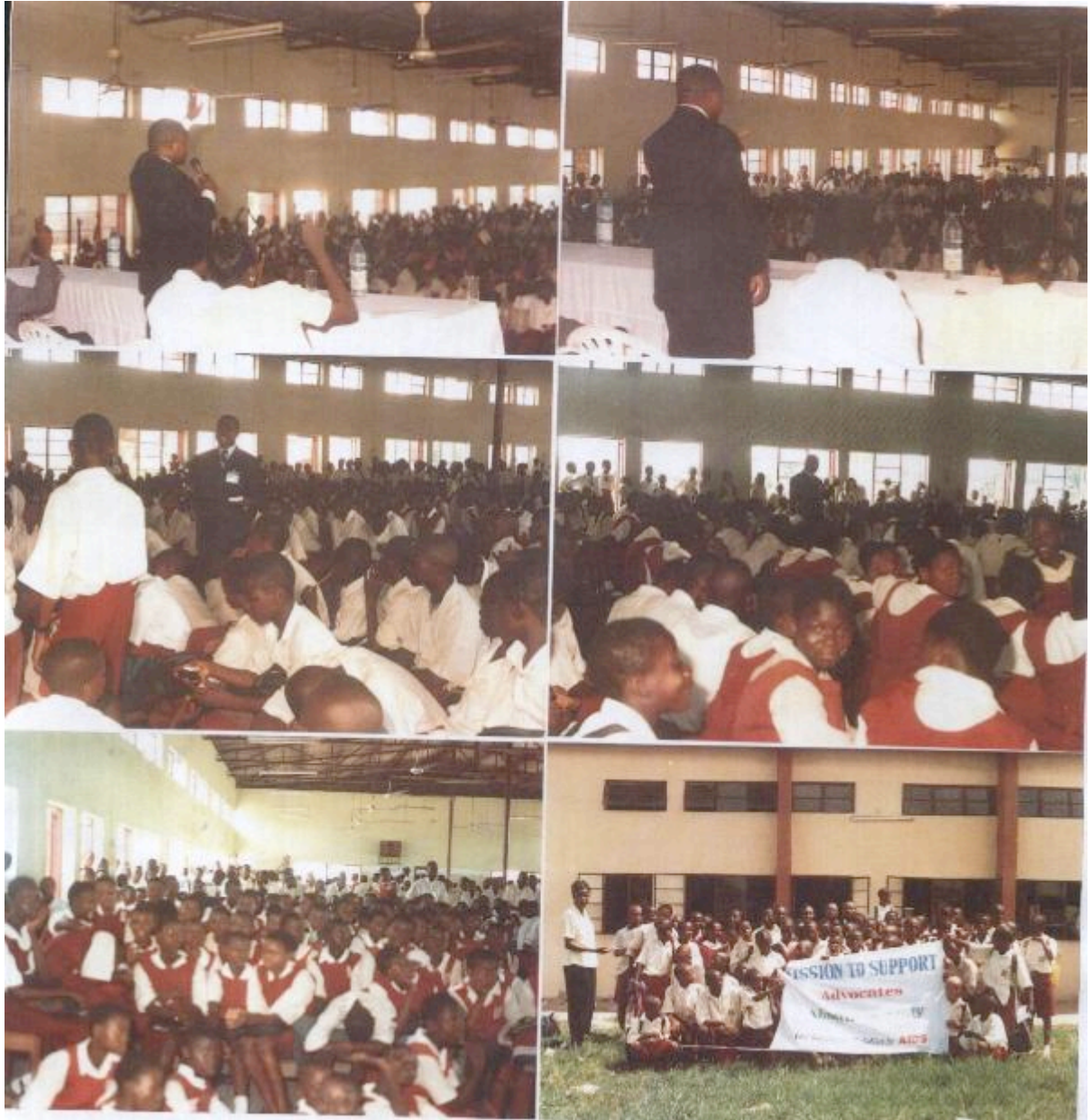
After completing the form, hand it in to the facilitator



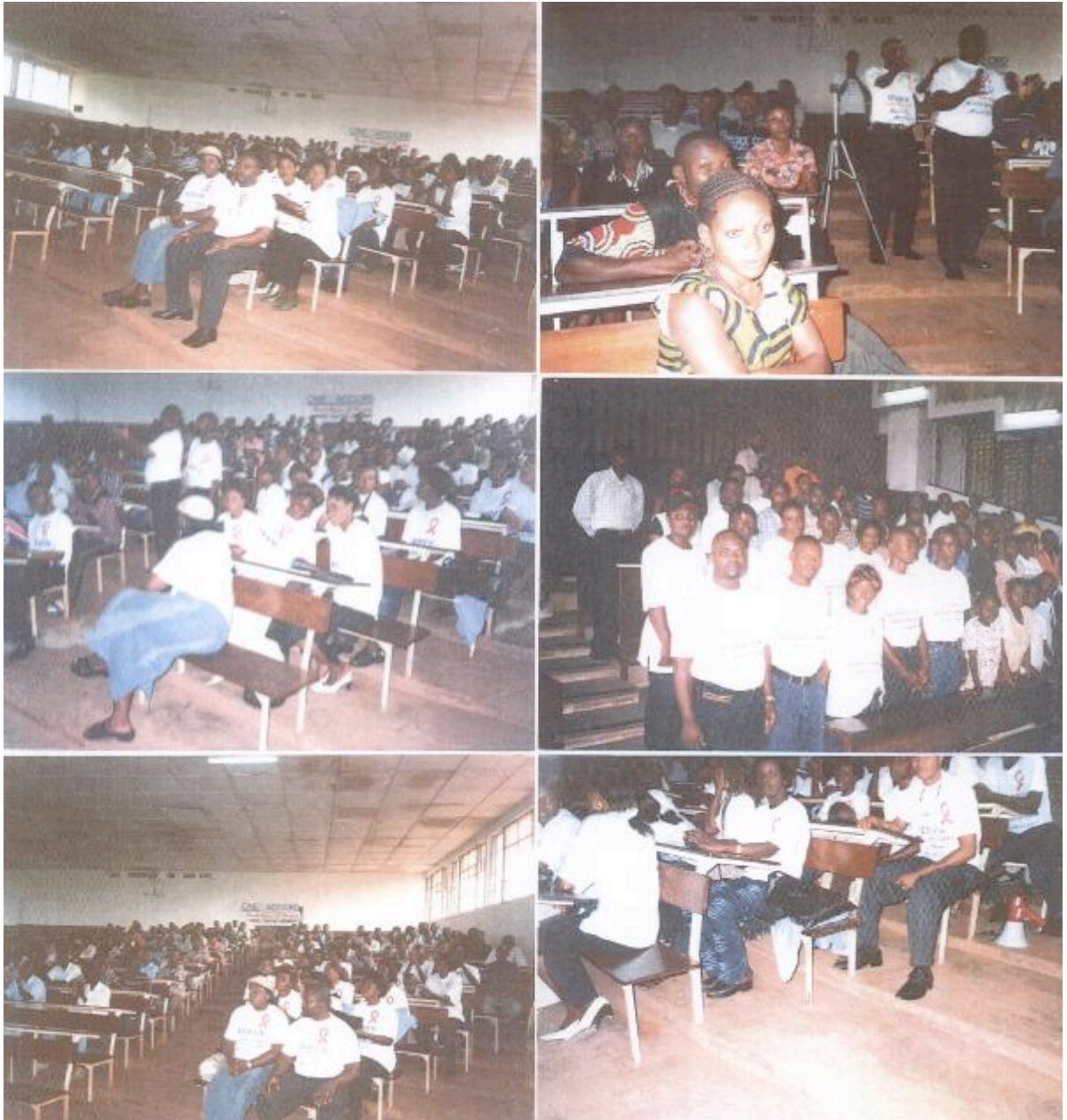
Model Friends International - Project Director, Dr. NDOZI-OKIA Henry was elected by World Health Organisation (WHO/AFRO) as a Temporary Adviser (AF/03/169169) in the Consultation Meeting on the Role of Cultural Practices in the HIV/AIDS Prevention – APRIL 28 – 2 May 2003 HARARE - ZIMBABWE. Dr. HENRY represented DRC.



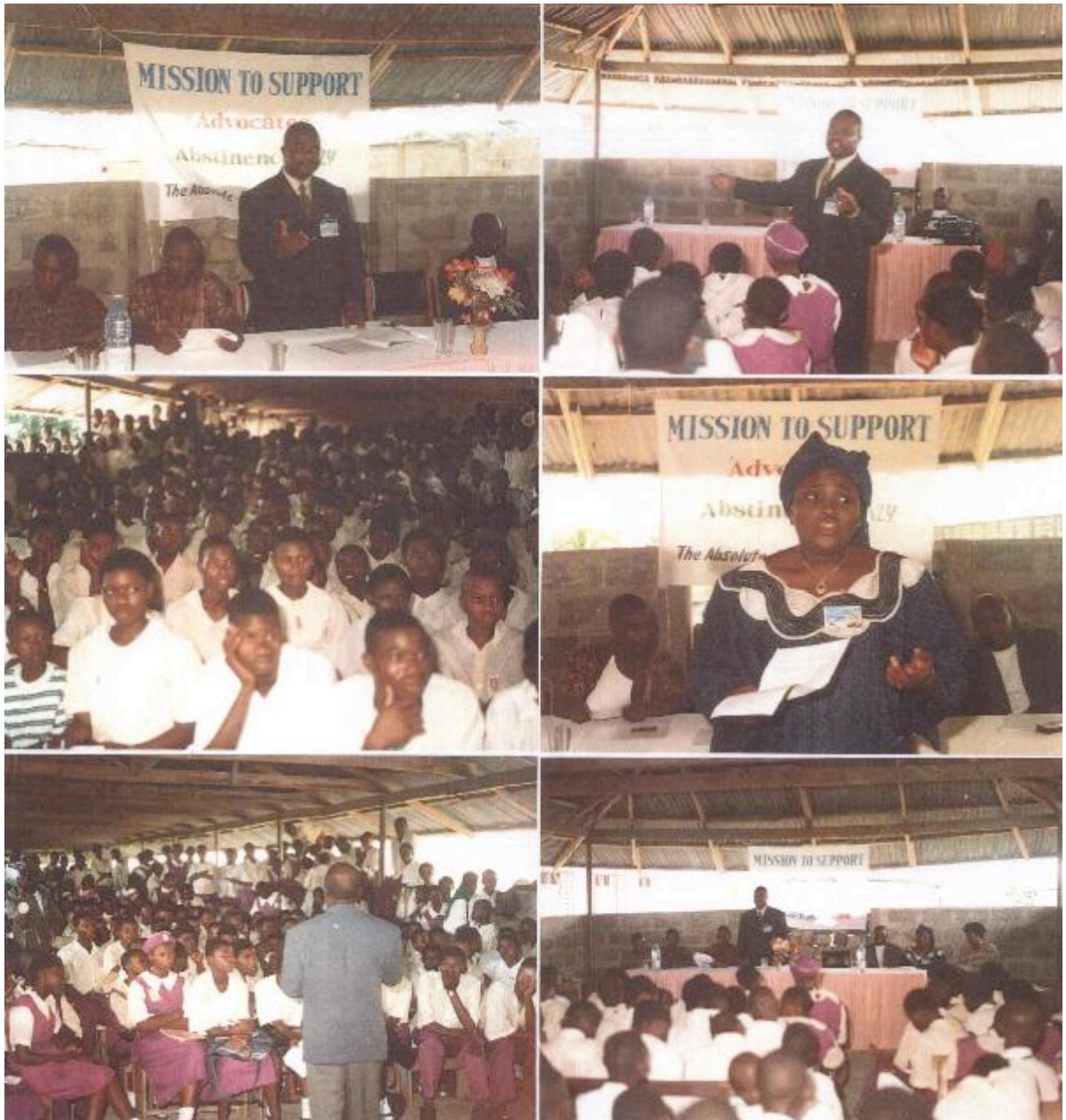
Presenting Model Friends International Curriculum on MISSION TO SUPPORT Project, to School/Church leaders by the Project Director, Dr. NDOZI-OKIA Henry.



Model Friends International School Programme known as MISSION TO SUPPORT ABSTINENCE EDUCATION. Addressing students at the top photos is the Project Director, Dr. NDOZI-OKIA Henry.



ABSTINENCE EDUCATIONAL CONFERENCE held at the University of Lubumbashi-DRC by Model Friends International. Addressing students at the top photos is the Project Director, Dr. NDOZI-OKIA Henry and some trained counsellors in attendance.



Model Friends International School Programme known as “MISSION TO SUPPORT ABSTINENCE EDUCATION”. Addressing students are Model Friends International Coordinators. From top photos: Dr. Ndozi-Okia Henry, Middle Photos: Mrs Maria Ndozi-Okia, Bottom Photos: Mr Dave Ikemji.



Model Friends International Religious Programme known as MISSION TO SUPPORT ABSTINENCE EDUCATION, held in Ararome Community, OTA. Dr. Henry shaking hands with the Church and Community Leaders as they receive Model HIV/AIDS Combat Abstinence Educational Curriculum.

