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Let Girls Excel Africa Program Activities - 2025

1. Introduction

The Let Girls Excel Africa program by Asaasiam Vision International empowers vulnerable girls aged 11-18 in rural Eastern Ghana through education support, leadership training, menstrual health education, and safe emotional sharing spaces. Key objectives of the program include improving school retention, building confidence and leadership skills, eliminating period poverty and stigma, and creating school-based clubs for sustained peer support.

2. Leadership & Team

Programs were led by Theresa Frempomaa Somuah, Programs Director, with support from Joseph Asare, a Director of the organisation, Alodie Didier, Sharon Brabenac 20 volunteer teachers across partner schools.

This report details six programs reaching 140 girls

Program 1: Oda Frimpong Manso JHS

1. Number of beneficiary girls

30 girls

2. Activities undertaken

- Girls' education & career session (importance of education, academic goal setting)
- Menstrual health education (body changes, hygiene, stigma reduction)
- Sanitary pad distribution and dignity discussion as well as donation of educational materials
- Teacher engagement on girls' academic support



Program 2: Kwahu Hwidiem Basic School

1. Number of beneficiary girls

20 girls

2. Activities undertaken

- Leadership & confidence-building workshop
- Menstrual hygiene education & pad distribution
- Climate resilience awareness session
- Let Girls Excel club introduction



3.

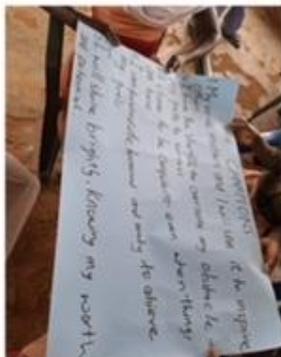
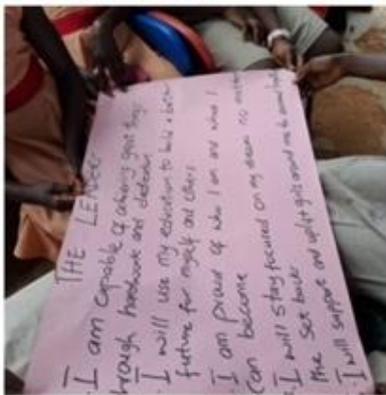
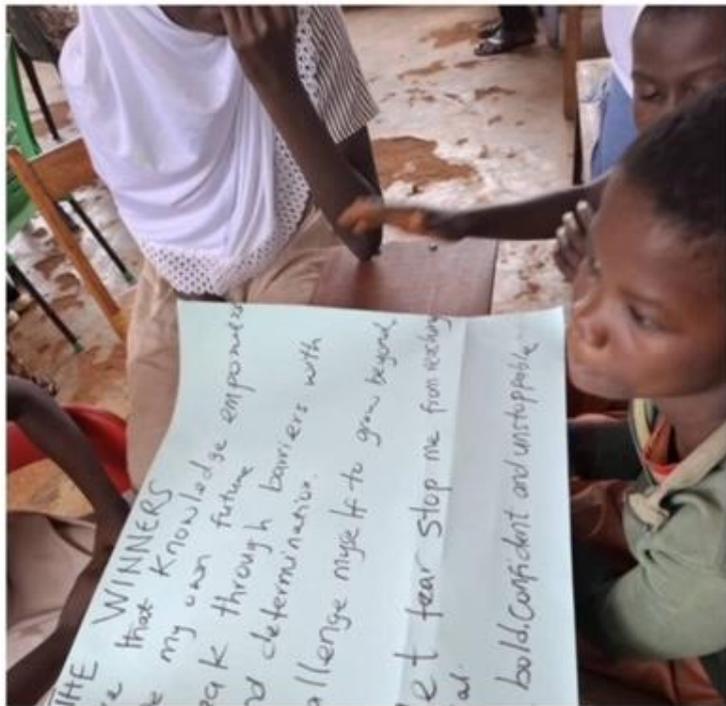
Program 3: Islamic/Zongo Girls Program

1. Number of beneficiary girls

20 girls

2. Activities undertaken

- Culturally-sensitive menstrual health education
- Period stigma reduction for Islamic girls
- Girls' rights & education discussion
- Sanitary pad & hygiene kit distribution
- Community Leader Engagement



Program 4: Follow-up at Kwahu Hwidiem Basic School

1. Number of beneficiary girls

20 girls (returning cohort)

2. Activities undertaken

- Progress review & goal adjustment session
- Leadership skills reinforcement
- Menstrual health refresher & pad top-up
- Let Girls Excel club sustainability planning
- Teacher performance feedback discussion



Program 5: December Time with the girls

1. Number of beneficiary girls

20 girls (within 350 total vulnerable children who attended Christmas party for the vulnerable children)

2. Activities undertaken

- Christmas celebration with meals & entertainment
- Girls' education motivational talks
- Self-esteem building activities
- Gift distribution (school items, clothing)
- Distribution of Sanitary Pads
- Parent/community sensitization



Program 6: Oda Frimpong Manso JHS

1. Number of beneficiary girls

30 girls (15 new girls + 15 from first cohort before graduation)

2. Activities undertaken

- End-of-year academic reflection
- Resilience & motivation building
- Menstrual health refresher
- Let Girls Excel club planning for 2026
- Teacher continuity discussion



Summary Table

Program	Location	Girls Reached
1	Oda Frimpong Manso	30
2	Kwahu Hwidiem	20
3	Islamic/Zongo	20
4	Hwidiem Follow-up	20
5	Nkawkaw Christmas	20
6	Oda Frimpong Manso	30
TOTAL		140

Conclusion

Let Girls Excel Africa has currently enrolled and delivered impactful programs across six targeted interventions, reaching 140 vulnerable girls with education motivation, menstrual health support, leadership training, and school girls club establishment.

Activities demonstrated strong cohort continuity (90% retention), teachers buy-in, and community trust, with school clubs now positioned for sustainability, peer leadership. Girls reported increased confidence, better menstrual health knowledge, and clearer academic goals.

3. LESSONS LEARNED FROM 2024–2025

- Girls return when safe spaces are consistent.
- Sanitary pad distribution directly reduces absenteeism.
- Teacher engagement strengthens retention.
- Community and cultural sensitivity (e.g., Islamic/Zongo program) increases trust.
- Low-cost, volunteer-driven model maximizes impact.

However, one major gap persists: Lack of safe, private washrooms continues to undermine menstrual dignity and academic focus. This is why 2026 integrates infrastructure into the empowerment model.

2026 Way Forward

4. THE 2026 INTEGRATED SAFE SPACE MODEL

The 2026 model builds on success and adds infrastructure for permanent impact.

Three Integrated Components

1. Physical Safe Space – Construction of 3 Girls' Washrooms

Our experience from engaging with the girls have shown that most of the schools do not have washrooms for girls. This makes it very difficult for the girls to change when the encounter period emergencies.

Each washroom will include 2–3 private cubicles, changing room, water storage, handwashing station, sanitary disposal, lockable doors, ventilation, and donor recognition plaque. Each facility will be named after the donor supporting it.

2. Emotional Safe Space – Monthly Circle Sessions (April–December)

9 Circle Sessions where girls sit in a circular format and discuss academic goals, cultural pressures, menstrual challenges, leadership identity, fear, confidence, and aspirations. Volunteer facilitators will run sessions. The purpose of the session is to build emotional safety, strengthen peer networks, improve self-expression, increase self-worth.

3. Academic, Health & Leadership Empowerment

- **Education:** Goal setting, study techniques, overcoming academic barriers, education counselling.
- **Health:** Menstrual health education, hygiene awareness, pad distribution, pad banking exploration.
- **Leadership:** Confidence building, climate resilience, cultural perception dialogue, peer-to-peer coaching.
- **Career Mentorship:** Role model engagement, career exposure talks, mini–Career Fair.
- **Community Engagement:** Parent sensitization, girls' rights education, early marriage dialogue, club strengthening.

5. TARGET BENEFICIARIES

Direct: 250–400 girls (ages 11–18)

Indirect: Teachers, parents, community leaders

6. IMPLEMENTATION TIMELINE (2026)

Period	Activities	Details & Actionable Steps
Q1 March	<ul style="list-style-type: none"> - School selection - Baseline survey - Stakeholder meetings - Construction planning 	<ul style="list-style-type: none"> - Identify 3-5 schools via community leaders; site visits by Mar 15. - Design & deploy survey to 200 girls; analyze data by Mar 31. - Schedule meetings with principals, parents, local govt; confirm commitments. - Architect designs for 3 washrooms; secure permits by month-end.
Q2 (April–June)	<ul style="list-style-type: none"> - Circle Sessions begin - Education & health workshops - Washroom 1 construction & commissioning 	<ul style="list-style-type: none"> - Train 10 facilitators; launch 10 weekly sessions per school. - Partner with NGOs for 4 workshops; reach 140 girls. - Tender & start build on Washroom 1; handover by June 30 with training.
Q3 (July–September)	<ul style="list-style-type: none"> - Leadership modules - Pad distribution expansion - Washroom 2 construction - Parent forum 	<ul style="list-style-type: none"> - Roll out 6 modules with peer leaders; certify 50 girls. - Procure & distribute 1,000 pads; monitor usage. - Complete Washroom 2 build; quality inspection mid-Sep. - Host forums in 3 schools; gather 100 parents for feedback.
Q4 (October–December)	<ul style="list-style-type: none"> - Career mentorship & mini fair - Washroom 3 construction - Endline survey - Graduation & recognition event 	<ul style="list-style-type: none"> - Invite 20 mentors; organize fair for 140 girls. - Finalize Washroom 3; operational by Nov 15. - Repeat baseline survey; compare results by Dec 1. - Celebrate top performers; issue certificates Dec 20.

7. EXPECTED OUTCOMES

By December 2026:

- 3 fully functional girls' washrooms
- 9 Circle Sessions completed
- Reduced menstrual absenteeism
- Improved attendance rates
- Increased leadership participation
- Strengthened school clubs
- Higher self-confidence scores
- Stronger community advocacy

8. MONITORING & EVALUATION

Baseline & endline surveys, attendance tracking, menstrual absenteeism tracking, focus groups, teacher feedback, club activity monitoring.

9. SUSTAINABILITY STRATEGY

School maintenance committees, Parent Teacher association involvement in washroom upkeep, established school clubs, volunteer facilitation model, annual donor reporting, community ownership agreements.

10. 2026 BUDGET SUMMARY

Total Funding Required: \$18,750

Category	Items	Amount
A. Infrastructure – 3 Washrooms	Materials Skilled labor Plumbing Water systems Doors, fittings Disposal system Donor plaques	\$13,800
B. Direct Support to Girls	Sanitary pads (bulk purchase) Hygiene kits, Educational materials Books & stationery and Experiential learning materials Career fair materials	\$4,520
C. Program Implementation & M&E	Transport and Logistics Printing materials Monitoring tools Community engagement sessions	\$320

11. PROGRAM VALUE PROPOSITION

Donors will receive naming rights for washrooms, recognition plaque, commissioning ceremony, social media & website acknowledgment, impact report with data & stories, visibility through award-recognized leadership.

12. CONCLUSION

Let Girls Excel Africa has proven impact and strong leadership. 2026 program moves from short-term interventions to permanent safe space transformation.

With your support of \$18,750, we will build dignity, protect education, empower leadership, create safe spaces, and change futures of vulnerable and underserved girls in Africa.

