



## It's the end of the year 2022!

Hello there!

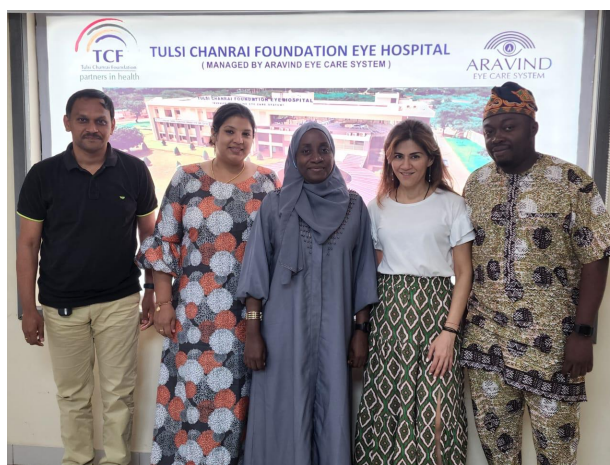
Trust you are doing great and staying safe! Thanks once again for subscribing to our newsletter.

This year has been incredible, with many exciting and life-changing activities from the Centre for Adolescent Health and Social Development!

What were the main highlights?

### 1) Grant from Tulsi Chanrai Foundation

At the beginning of the year, we got a grant of **5,000 dollars** from the Tulsi Chanrai Foundation, which has been highly instrumental in ensuring the implementation and success of two of our main projects this year, which enabled us to reach about 2,500 adolescents in some Public Schools within the FCT.



### 2) Pad donation from Hayat Kimya Limited

Also, with support from the Tulsi Chanrai Foundation, we got a total of **5,040 pieces of menstrual pads from Hayat Kimya Limited** (the producers of Molped). This also facilitated

the organization to enhance access to menstrual materials for more adolescent girls during our intervention.



### 3) Partnership with organizations in the South-south region of Nigeria

We expanded our activities and access to more adolescents through a partnership with **Rumuosi Health and Fitness Centre and Dr Weyoms** to implement Menstrual Health and Sexual and Reproductive Health Projects in Rivers State and Delta State.



### 4) Sexual and Reproductive Pamphlet Launch

At the beginning of 2022, we published the first edition of our puberty and sexual and reproductive pamphlet (with support from **Codrops Solutions Limited**), which we have used for interventions in **Lagos and FCT (in a community and schools)**.



### 5) Art competition for the Menstrual Hygiene Day Celebration 2022

Our celebration of menstrual hygiene day celebration this year took a new dimension beyond just public school visitation. We organized an art competition for adolescents allowing them to

send in art entries (and supporting videos) based on their understanding of menstruation. This was followed by the presentation of menstrual pads, customized T-shirts (see below) and awards to the winners.



## 6) Customized T-shirts for Menstrual Health

This year, the organization produced customized T-shirts to debunk myths about menstruation and menstrual hygiene. And some of these were part of the gifts for the students who won the competition put together to celebrate World Menstrual Hygiene Day 2022.





### **7) Initiated Adolescent Driven Pep talk during interventions**

In March, we initiated an adolescent-driven pep talk to be delivered during our school and community interventions. The aim was to allow adolescents to listen to and be motivated by someone who is also an adolescent. Since inception, this segment has been facilitated by one of our volunteers, Udigit, an adolescent. Udigit keeps inspiring, motivating and supporting her peers through her sharing sessions.

She comfortably talks about her challenges and personal experiences. She effortlessly also delves into coping mechanisms and lessons that have helped her handle the struggles of being an adolescent. She has since had 5 opportunities to talk to and encourage her peers during our interventions in 5 public schools.



### **8) International Adolescent Health Week Celebration (IAHW) and Book Drive**

We marked this year's edition of International Adolescent Health Week at the Headquarters of the Centre for Mass Education, Karu, with 20 students from each of the six zones of the Centre located within FCT. The Director of the Centre for Mass Education, Hajia Hajara Titilayo, with critical stakeholders of the Centre, was also present to grace the occasion. During the event, we talked about puberty and sexual and reproductive health. Also, we held an inter-zonal competition amongst the students, followed by book presentations (individuals donated the books presented during the book drive we launched to commemorate IAHW) to the winners by the Director. Our Adolescent volunteer, Udigit Okechukwu, was also on hand to give her first pep talk to her peers.





### 9) Launch of our website

Yes! our website is now up and running. And you can learn more about the organization by navigating through [it](#). On our website, you can also find **helpful** resources on adolescent health.

So we were right when we said this year has been eventful and incredible! You can have a look at some of the pictures from the activities we have engaged in for 2022 [here](#)

We remain grateful for what we have accomplished in 2022 and look forward to a fulfilling 2023.

Don't forget to follow us on [Facebook](#), [Twitter](#), [Instagram](#) and [LinkedIn](#) !

Happy holidays and keep staying safe!

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