Girl-Centered Program Design
A Toolkit to Develop, Strengthen & Expand Adolescent Girls Programs
Resources
KENYA BRAIN TRUST MEMBERS  
(As of August 2010) 

AMREF  
www.amref.org
AMREF (Africa Medical and Research Foundation) is an international African organization headquartered in Nairobi, Kenya. Its mission is to ensure that every African can enjoy the right to good health by helping to create vibrant networks of informed communities that work with empowered health care providers in strong health systems. AMREF has 50 years of experience in health development and it implements its projects through country programs in Kenya, Ethiopia, Uganda, Tanzania, Southern Sudan and South Africa. Training and consulting support are provided to an additional 30 African countries. With support from the Dutch government, AMREF in Kenya is implementing a reproductive health project targeting nomadic adolescent youth—both girls and boys—of ages 10-24 years. This is a multi-site project in Ethiopia, Kenya and Tanzania. In Kenya it is being implemented in Magadi and Loitokitok with a special component of safe spaces for adolescent girls.

Carolina for Kibera – The Binti Pamoja Center  
www.carolinaforkibera.org
CFK (Carolina for Kibera) is a non-governmental organization in Kenya implementing projects in the Kibera slum in Nairobi. CFK’s reproductive health interventions have been focused across the population, addressing health and educational needs of women and children in Kibera. Through the semi-autonomous but interdependent programs, CFK, in partnership with the people of Kibera, has been able to address the sanitation, basic healthcare and educational needs of the Kibera community. The Binti Pamoja Daughters United Center is a reproductive health and women’s rights center for 10-18 year-old girls in the Kibera slum. Started in May 2002, the Center uses photography, drama, journal writing, and group discussion to explore the issues that young women face in Kibera, such as violence against women, rape, commercial sex, HIV/AIDS and other STDs, poverty,
sexual abuse, unequal access to education, lack of reproductive health care and information, and stifling domestic responsibilities. In addition, the Center hosts monthly speakers and field trips, community service projects, family events, and a peer education program. Community outreach activities are conducted through a community drama group, a newsletter, community forums, trainings and individual counseling. The program has developed a financial literacy curriculum that is used by its alumni members to train girls on financial education. Once alumni members graduate from the core program, they go on to run their own girls groups in the community.

**Center for the Study of Adolescence**
**www.csa.org**

CSA (Center for the Study of Adolescence) is a regional organization committed to the promotion of the health and development of young people through research, technical assistance, advocacy and capacity building—expanding choices and improving access to safe, affordable and sustainable services—and working in partnership with other stakeholders. As part of its Social Policy, Advocacy and Networking program, CSA has initiated a project aimed at promoting the right to education for girls with a special focus on enhancing the implementation of the Ministry of Education’s return to school policy guidelines. The first phase of the project consisted of community sensitization and mobilization to galvanize support for girls’ education. During the second phase, attention was focused on improving the physical environment in schools and empowering girls on sexual reproductive health and rights by providing sexuality education.

**Cheshire Services Kenya – Limuru**
**www.lcd-enar.org**

Cheshire Services Kenya exists to change attitudes toward disability globally. The main areas of intervention include education, health, rehabilitation, plus support for everyday living, livelihoods, disability rights, campaigns and research. The East and North African Regional office (ENAR), based in Nairobi, was established in 1998. The region currently works in 8 countries:
Uganda, Kenya, Ethiopia, Tanzania, Rwanda, Sudan, Morocco and the Seychelles. Cheshire Services Kenya is a member of the worldwide Leonard Cheshire Foundation. It is a registered NGO and run by a volunteer committee. The National Board is responsible for the overall supervision and support of the three separate and very different projects: Limuru Cheshire Services, Kariobangi Cheshire and Oriang Cheshire. The Limuru Cheshire Service provides for girls with disabilities. The service is situated 45 kilometers from Nairobi and is managed by the Assumption Sisters of Nairobi. The service offers two-year vocational training courses in tailoring, knitting, leatherwork, cookery and computers. Due to the partnership with the Kenya Brain Trust, since May 2010 courses on financial literacy, marketing and reproductive health have been adopted as part of the curriculum. At the end of the course, the girls take a relevant government trade test and on completion they are given startup kits to establish their own businesses.

**Child Fund International-Kenya**

[www.childfund.org](http://www.childfund.org)

Child Fund’s (CF) mission is centered on its belief that the well-being of all children leads to the well-being of the world. The organization works to empower children to thrive throughout all stages of life and become leaders of enduring change. Child Fund provides services to children, most funded by individual contributors, in the form of monthly child sponsorships. In addition, it supports vocational training, literacy training, food distribution, educational programs, early childhood development, health and immunization programs, nutritional programs, and water and sanitation development. Through its affiliate CBO, the St Francis Family Helper Project, which works in Kisumu East District, CF promotes the growth and well being of children by empowering families and communities to utilize the available resources and opportunities for sustained benefit of the children.
The CRADLE – The Children’s Foundation  
www.thecradle.or.ke

The CRADLE - The Children’s Foundation is a non-profit and non-governmental organization committed to the protection, promotion and enhancement of the rights of the child through court representation, advocacy and law reform. The CRADLE, institutionalized in 1999 by setting up a pilot and the first legal aid clinic of its kind for children, has since continued protecting and promoting the rights of the child. Through the Child Rights and Awareness Program, the organization runs Girls SHALL Forums in both primary and secondary schools in both the Nairobi and Suba districts. In primary schools, this project runs the LetterLink project while the Safe horizon project is implemented in secondary schools. These are ‘safe spaces clubs’ for addressing issues of concern among girls and boys. Apart from hosting an annual Children’s Conference, the organization also has a trust fund—the Girls Education Fund—to enable girls who are unable to transit from primary to secondary levels to do so, thus reducing incidents of early marriages. The CRADLE’s Legal Aid program enhances access to justice for children by offering free legal services and psychosocial support. It receives complaints involving alleged violations of children’s rights and ensures that suspects are arrested and arraigned in court to face appropriate charges. The Legal Aid team also facilitates case referrals to other organizations and relevant government agencies to enhance assistance for children in need. It also undertakes fact-finding missions and rescues for children in potentially harmful environments.

Fortress of Hope, Africa

FOHA (Fortress of Hope, Africa) was initiated to socially and economically empower less fortunate adolescent girls. It seeks to equip adolescent girls with social and economic skills needed to engage and participate in development. FOHA’s projects aims to achieve behaviour change among girls, build leadership skills, increase access to reproductive health and HIV/AIDS information and services, offer safe spaces where girls can discuss and chart a way forward on issues affecting them, plus advocate and lobby
among the community leaders and members to end gender based violence. These projects also offer financial literacy and business education to the girls, both in- and out-of-school. FOHA uses friendly, entertaining and educational girls-to-girls community and school based approaches to offer solutions to reproductive health, HIV/AIDS and gender based violence issues affecting adolescents girls in the community. They incorporate the use of ICT, social groups plus savings and loan mechanisms in their projects.

**Girl Child Empowerment Program (GCEP)**

GCEP (Girl Child Empowerment Program) is a community-based organization in rural Kisumu. Established in 2005, it seeks to empower the community to understand and implement fundamental rights of the girl child and give equal opportunities to girls. The organization facilitates school based democracy and child rights clubs in primary schools and out-of-school empowerment centers. Its core programs include: life skills, vocational training, sexual and reproductive health, and the production of sanitary pads.

**Heshima Kenya**

[www.heshimakenya.org](http://www.heshimakenya.org)

HK (Heshima Kenya), founded in 2007, is a US non-profit organization that identifies and protects abandoned and orphaned refugee children (UAMs) in Nairobi, Kenya. Because they are without parents or other family members to protect them, these children are extremely vulnerable to child abuse, trafficking, military conscription, forced marriage, illness and malnutrition. Heshima Kenya’s specialized shelter, education, and community outreach services, coupled with local resources, enable and empower UAMs to lead full and healthy lives. Heshima Kenya’s philosophy of care is based in the community, and outreach is a vital part of its mission. In order to sustain and successfully meet the special needs of UAMs, HK works with refugee mothers to strengthen informal networks of care, identify new caregivers and mentors within the community, and facilitates dialogue within Nairobi’s refugee communities about child protection, health education and community resources. Three main programs run by HK are the Children’s Empowerment program, the Foster Care program and the Safe House.
Kenya Business Development Services Program
The Value Girls Program is funded by the Nike Foundation and implemented by Cardno Emerging Markets USA, Ltd. in Nyanza and Western Provinces under its KBDS (Kenya Business Development Services) Program, a locally registered NGO. The overarching goal of the Value Girls Program is to improve the social-economic welfare of girls and young women between the ages of 14-24 years by increasing and strengthening their participation in proven, high return segments of selected value chains. A study undertaken by the program showed that the situation of girls and young women in the fishing communities in the Lake Victoria Region demands continued attention to empower them across many aspects of their lives. Many girls and young women in these communities live under conditions of extreme socio-economic deprivation and are surrounded by cultural environments that do not protect them and instead appear to sanction their exploitation and abuse. It is to this development challenge that the Value Girls Program is responding. As most of the young women in the target area are involved in the fish sector, the program is exploring ways to strengthen their positions within this sector.

Kisumu Medical and Educational Trust
www.kmet.co.ke
KMET (Kisumu Medical and Educational Trust) is a non-governmental organization founded in 1995 in Kisumu, Kenya. KMET promotes the development of the underserved communities through innovative health and education programs including safe post-abortion care for reproductive health, home based care for HIV/AIDS patients, nutrition to provide highly-nutritious flour to malnourished members of the community plus microfinance offering revolving loans to community members. KMET also provides health services clinics, and promotes food security. KMET created a peer-to-peer outreach project called Sisterhood for Change (SFC). The program started in 2006 and recruits girls and young women of ages 12-24 years from three Kisumu slums. The participants in SFC include school dropouts, orphans, teenage mothers, HIV infected girls and commercial sex workers. The participants are trained on life skills, reproductive health, and vocational
skills. Some of the graduates are employed while the remaining are in SAFE SPACE, a program initiated for them to do their own business to gain income and disseminate reproductive health information to their peers. KMET’s core value is to be innovative and practical in addressing the communities’ unmet needs.

**Kibera Girls Center**

**www.kgga.co.ke/kibera**

The Kibera Girls Centre is a Kenya Girl Guides Association (KGGA) project. The Kenya Girl Guides Association is a character development organization established to help young girls navigate the path from childhood through adolescence to young adulthood. Their motto is “to provide an opportunity for girls and young women to develop their fullest potential as responsible citizens of the world.” KGGA has a centre, where about 30 - 35 girls go through a one-year program through which they are empowered economically through life skills and leadership development courses. In their ‘Learn and Earn Initiative’ girls learn and earn through the sales of various products that they make. The program equips the girls with skills through vocational training in dressmaking, crafts, computer studies, catering and life skills, plus guiding and environmental activities. KGGA also runs a garment production unit and a bakery unit with the aim of economically empowering girls who have previously undergone the one-year vocational training and want to pursue dress making as an income generating activity. This gives them an opportunity to further develop their skills through the Learn and Earn Initiative, to own a sewing machine, and to start their own business, thus enabling them to generate income, control assets, and access and use credit.

**Kolwa Girls Link**

Based in Kisumu, Kolwa Girls Link seeks to develop and uplift girls by eradicating poverty through awareness creation on HIV/AIDS and STIs. It engages girls in income generating activities for financial independence and stability.
Established in 1984, K-Rep Development Agency (KDA) is a microfinance development organization which aims to build the field of microfinance through the development of appropriate microfinance products and services that create economic opportunities for low income people and contribute to eliminating poverty. Its main focus is on expanding financial services to those who have traditionally been left out by formal financial institutions. KDA’s objective in working with adolescent girls in Kibera addresses the lack of social capital and safety among girls in Kibera. Strategies include increasing their access to mentors, increasing options for safe meeting spaces and social activities plus providing financial education, and promotion of formal savings. With funding from the Nike Foundation, KDA initiated a young savers project in Kibera for adolescent girls of ages 12-22 years. The project aimed to increase the participation of adolescent girls from the slums by catering to the needs of those who are either unable to save on a regular basis, or are not interested in accessing loans. It involves designing, implementing and documenting an innovative model for promoting savings, financial education and social support for vulnerable adolescent girls and young women.

The overall objective of this gender program is to promote gender equality and the empowerment of adolescent girls and women as a means to combating poverty, hunger, and disease, while stimulating development that is truly sustainable. The program works on two fronts: at the macro level with selected governments in East and southern Africa and at the national level, where the program seeks to affect policy changes to ensure that national policies reflect the MDG’s gender based needs. In addition, the program aims at advocating for increased allocation of national resources to empowering girls and women. At the local level, the program aims at promoting integrated community-based activities centered on empowering
adolescent girls and women. The program therefore combines public policy advocacy with action-oriented community-based activities to address gender inequality and empower women. The results of community based activities are scaled up to show that an integrated approach focusing on rural adolescent girls and women can assist in lifting communities out of poverty.

Population Council
www.popcouncil.org
The Population Council is an international, non-profit, nongovernmental organization that seeks to improve the well-being and reproductive health of current and future generations around the world and to help achieve a humane, equitable, and sustainable balance between people and resources. The Council conducts research in three areas: HIV and AIDS; poverty, gender, and youth; and reproductive health. Established in 1952, the Council is governed by an international board of trustees. Its New York headquarters supports a global network of regional and country offices. The Population Council’s work ranges over the broad field of population: from research to improved services and products that respond to people’s reproductive health needs to designing interventions to treat and prevent HIV/AIDS and other sexually transmitted diseases; from studies of the effects of population factors on a country’s ability to provide a better life for its citizens to research that investigates the influence of education and livelihood opportunities on young girls and women. The Council is also concerned with the reproductive health and well-being of the one billion adolescents in the developing world who are about to enter their reproductive years and whose behavior will shape the future of their countries.

Safe Spaces
www.swb.ca/safespacesdinner/about-safe-spaces
Founded in 2007, Safe Spaces is a project for adolescent girls and young women in the Kariobangi and Maili Saba slums of Nairobi, Kenya. It creates a supportive environment to envision and pursue the future they want for
themselves and their communities through intensive training on sexual health, leadership skills, HIV/AIDS, conflict resolution, and team building. Arts and sports activities of Safe Spaces include dances, theatre, photography and film, yoga, self-defense, and basketball. It also implements social enterprise programs including financial literacy, project management, communication and technology. Professional development and vocational trainings include automobile mechanics and catering. Internships and mentorship initiate sustainable employment opportunities for graduates.

**Smart Ladies Youth Initiative**

SLYI (Smart Ladies Youth Initiative) empowers young girls of ages 10 to 30 years through sporting and cultural activities that disseminate sexual and reproductive health (SRH) information. Its goal is to champion youth sexual and reproductive health with particular emphasis on girls’ SRH. SLYI also conducts referrals to VCT and STI treatment-offering organizations. The young girls—mostly orphans, teenage mothers, and commercial sex workers—engage in income generating activities such as catering and running small canteens.

**SOS CHILDREN’S VILLAGE (Kenya) –Youth Center**

[www.soschildrensvillages.org.uk/nairobi](http://www.soschildrensvillages.org.uk/nairobi)

The main goal of SOS Youth Centre is to build young people’s skills and talents and at the same time equip them with knowledge on reproductive health. This is achieved through youth participation in seven clubs: Arts, Information & Technology, Youth & Media, Library, Sports, Life Skills, and Girls Clubs. The Girls Clubs aims to empower girls with leadership skills and ensure active involvement and participation of the girls in all of the Centre’s clubs. The girls meet regularly to discuss reproductive health issues among other issues affecting them, and they organize and participate in recreational activities such as picnics. The Girls Club has also initiated various income generating activities including a poultry project alongside a creative cards project and a savings group.
Tumaini Ladies Intergrational Program
http://tulip-ministry.com

TULIP (Tumaini Ladies Intergrational Program) exists to rescue and rehabilitate teenage girls from vulnerable situations in the Lucky Summer slums of Nairobi. It provides formal education for the girls in its high school program, provides moral and spiritual guidance for teenage girls, and provides girls with life and social skills, HIV/AIDS awareness, and preventive education. TULIP runs a daily feeding program at the school and conducts parents and community empowerment projects.

Young Women’s Leadership Institute (YWLI)
www.ywli.or.ke

The YWLI (Young Women’s Leadership Institute) is a feminist movement whose mission is to empower and build the capacity of young women and girls to break barriers preventing them from living lives of equality. Through the Binti project YWLI creates safe spaces for girls to address their concerns on sexual health as human rights. Binti uses girls’ soccer to focus on sexuality and reproductive health rights for girls. Using soccer as an entry point, Binti also engages with young men in discussions on progressive masculinities and respect for the human rights of young women and girls. Binti is poised to facilitate young women’s entry into leadership and to promote leadership development through mentorship and coaching. Binti focuses on the fact that the self-esteem, confidence and assertiveness of adolescent girls are essential in negotiating safe sex and being in control of their sexuality. The Binti girls are all under 18 years and they are equipped with life skills and knowledge as peer educators. They are also trained on critical areas of leadership and linked up with mentors. The girls have discussions on how to grapple with the challenges of growing up in poverty, vulnerability to sexual exploitation, early pregnancies, and unsafe abortions.
RESOURCES

Here is a list of organizations and donors interested in adolescent girls programming, advocacy, and rights.

The African Women’s Development Fund
www.awdf.org
The African Women’s Development Fund (AWDF) is a grant-making foundation which supports local, national and regional organizations in Africa working toward women’s empowerment. Through institutional capacity building and program development, AWDF seeks to build a culture of learning and partnerships within the African women’s movement. The objectives of AWDF are fundraising within and outside Africa, grant-making on an Africa-wide basis, communicating the work and achievements of African women’s organizations and providing technical assistance to grantees. AWDF’s grants range from U$1,000- U$50,000, and multi-year grants of up to $120,000 can be made to grantees engaged in strategic work.

American Jewish World Service
http://www.ajws.org
American Jewish World Service (AJWS) is an international development organization motivated by Judaism’s imperative to pursue justice. AJWS is dedicated to alleviating poverty, hunger and disease among the people of the developing world regardless of race, religion or nationality. Through grants to grassroots organizations, volunteer service, advocacy and education, AJWS fosters civil society, sustainable development and human rights for all people, while promoting the values and responsibilities of global citizenship within the Jewish community.
Coalition for Adolescent Girls
www.coalitionforadolescentgirls.org

The Coalition for Adolescent Girls is committed to creating lasting change for communities in the developing world by driving investments to adolescent girls. When girls are educated, healthy and financially literate, they will play a key role in ending generations of poverty. Founded by the United Nations Foundation and the Nike Foundation in 2005, the Coalition has been joined by more than 30 leading international organizations, including its founding members: International Center for Research on Women, the Population Council and the International Women’s Health Coalition. This public-private partnership brings fresh perspectives, diverse resources and concrete solutions to the challenges facing adolescent girls in developing countries. Its goal is to unleash the untapped potential of the developing world’s 600 million adolescent girls by raising awareness and driving action.

EMpower
http://www.empowerweb.org

EMpower - The Emerging Markets Foundation – is a not-for-profit organization that ties the resources of Emerging Markets (EM) professionals world-wide with the vitality of community-based social sector initiatives in developing countries. Founded in 2000 by financial professionals from the emerging markets community who were “doing well” and also wanted to “do good”, EMpower was created to make grants to local organizations working to improve the lives of marginalized youth in EM countries, and act as a bridge between those with resources and those who need resources. EMpower provides funding and some technical support to community-based organizations in EM countries that are working to improve the lives of young people.

Equality Now-Adolescent Girls’ Legal Defense Fund
http://www.equalitynow.org

The Equality Now-Adolescent Girls’ Legal Defense Fund (AGLDF) is an initiative of the international women’s rights group Equality Now. It aims to promote safe spaces for girls at home and at school by supporting legal action for girls
who want to take up cases and seek justice for sexual assaults and gender based violence (GBV). Its strategy is to set precedents in national law which can be replicated domestically by survivors in court, and challenge the culture of impunity outside of court.

**Firelight Foundation**  
[www.firelightfoundation.org](http://www.firelightfoundation.org)  
The mission of the Firelight Foundation is to improve the well-being of children made vulnerable by HIV/AIDS and poverty in Sub-Saharan Africa. Firelight supports grassroots organizations that help families and communities meet the needs of their children. Firelight’s approach to grant-making is child-centered, family-focused, and community-based. They believe that grassroots programs arising in direct response to children’s and families’ needs within the local community are often the most effective. Although local communities are the greatest source of support to children and families affected by HIV/AIDS and poverty, far too little donor funding is directed to the grassroots level. Firelight seeks to address this gap by providing small grants directly to community-based organizations (CBOs) that are effectively responding to the needs of vulnerable children.

**Global Fund for Children**  
[http://www.globalfundforchildren.org](http://www.globalfundforchildren.org)  
The Global Fund for Children’s (GFC) mission is to advance the dignity of children and youth around the world. GFC pursues its mission by making small grants to innovative community-based organizations working with some of the world’s most vulnerable children and youth, complemented by a dynamic media program that, through books, documentary photography, and film, highlights the issues affecting children and celebrates the global society in which we all live.

**Global Fund for Women**  
[www.globalfundforwomen.org](http://www.globalfundforwomen.org)  
The Global Fund for Women (GFW) is an international network of women and men committed to a world of equality and social justice. GFW advocates for
and defends women’s human rights by making grants to support women’s groups around the world. GFW is part of a global women’s movement that is rooted in a commitment to justice and an appreciation of the value of women’s experience. The challenges women face vary widely across communities, cultures, religions, traditions and countries. GFW believes that women should have a full range of choices, and that women themselves know best how to determine their needs and propose solutions for lasting change. The way in which GFW does their work is as important as what they do. This philosophy is reflected in a flexible, respectful and responsive style of grant-making. GFW makes grants to seed, strengthen and link women’s rights groups based outside the United States working to address human rights issues that include: Ending Gender-Based Violence and Building Peace, Ensuring Economic and Environmental Justice, Advancing Health and Sexual and Reproductive Rights, Expanding Civic and Political Participation, Increasing Access to Education, and Fostering Social Change Philanthropy.

**Mama Cash**

[www.mamacash.org](http://www.mamacash.org)

Mama Cash is the oldest international women’s fund - established in the Netherlands in 1983. She supports pioneering and innovative women’s initiatives around the world, because she believes that social change starts with women and girls. In the last ten years Mama Cash has awarded nearly 19,000,000 to advance women and girls’ human rights. She is active in Asia, Africa, the Middle East, Europe, Latin America and the Caribbean, and the Commonwealth of Independent States.

**Nike Foundation**

[www.nikefoundation.org](http://www.nikefoundation.org)

The Nike Foundation invests exclusively in adolescent girls as the most powerful force for change and poverty alleviation in the developing world. The Foundation’s investments are designed to get girls on the global agenda and drive resources to them. The work of the Nike Foundation is supported by Nike, Inc. and the NoVo Foundation, a collaboration that has significantly broadened the impact of the Girl Effect.
NoVo Foundation
www.novofoundation.org
NoVo Foundation seeks to foster a transformation in global society from a culture of domination and exploitation to collaboration and partnership, empowering women and girls as the primary agents of change. The foundation supports the development of capacities in people—individually and collectively—to help create a caring and balanced world that operates on the principles of mutual respect, collaboration, and civic participation, thereby reversing the old paradigm predicated on hierarchy, violence, and the subordination of women and girls. It places a strong emphasis on the advancement of women and girls around the world. NoVo places high priority on educational approaches that foster a clear and compassionate view of the world, supporting the idea that learning is a lifelong process.

United Nations Foundation
www.unfoundation.org
The UN Foundation, a public charity, was created in 1998 with entrepreneur and philanthropist Ted Turner’s historic $1 billion gift to support UN causes and activities. The United Nations Foundation is an advocate for the UN and a platform for connecting people, ideas and resources to help the United Nations solve global problems. The United Nations Foundation helps the UN take its best work and ideas to scale—through advocacy, partnerships, constituency building and fund-raising.
General Resources

This report summarizes the content of the first of many capacity building and program design workshops run by the Population Council. The workshop included content how to design and strengthen programming for adolescent girls – including using data, asset building, monitoring and evaluation, health protection strategies, fundraising, and livelihoods.
www.popcouncil.org/pdfs/PGY09_AdolWkshopNairobi08.pdf

This report focuses on two of the 21st century’s fastest growing areas - the boom in city populations and the explosion of IT and communication technology, The report looks at the prospects and perils facing girls. While there are great opportunities, prejudice and poverty is excluding millions of girls from taking advantages of the possibilities on offer.
http://plan-international.org/girls/static/docs/BIAAG_2010_EN2.pdf

This report examines the lives of girls in the context of local and global economies, and the difference they will make to their communities and global prosperity if they are given opportunities to thrive.
http://www.planusa.org/becauseiamagirl/reports.php
This report examines the state of girls in conflict situations around the world and looks at what happens to them before, during and after war and what can and should be done to protect them.
http://www.plan-uk.org/pdfs/because_I_am_a_Girl_2008.pdf

The first “Because I am a Girl” report outlines in detail how girls around the world are made vulnerable, face the double discrimination of their gender and their age, and in many societies remain at the bottom of the social and economic ladder. http://www.plan-uk.org/pdfs/plan_uk-girls_report2007.pdf

This study, conducted in Zambia by the Population Council and the Center for Social and Economic Research, explores the relationship between girls’ perception of their risk and safety, and how it interacts with their HIV protection strategies. http://www.popcouncil.org/pdfs/PGY_AdolGirls_Zambia.pdf

This brief explores how sports programs around the globe are used as a strategy for girls asset building and empowerment.
http://www.popcouncil.org/pdfs/TABriefs/PGY_Brief01_Sports.pdf
Brady, M. and Khan, A.B. 2002. Letting Girls Play: The Mathare Youth Sports Association’s Football Program for Girls. New York: Population Council. This paper is a case study on how the Mathare Youth Sports Association evolved from a sports and environmental improvement program for boys to an organization that creates opportunities for both boys and girls in the slums of Nairobi.  [www.popcouncil.org/pdfs/girlsplay.pdf](http://www.popcouncil.org/pdfs/girlsplay.pdf)

Bruce, J. 2007. Girls Left Behind: Redirecting HIV Interventions Toward the Most Vulnerable. Promoting Healthy, Safe, and Productive Transitions to Adulthood Brief no. 23. New York: Population Council. This brief discusses a multitude of issues that place girls at risk of HIV infection: social isolation, absence from school, child marriage, unsafe sex, and pressure to provide productive labor. Recommendations on how to more effectively reach girls include targeting areas with high concentrations of girls, increasing adolescent girls’ attendance in school, delaying marriage, supporting girls-only spaces, mentoring, and livelihoods initiatives. [http://www.popcouncil.org/pdfs/TABriefs/PGY_Brief23_GirlsLeftBehind.pdf](http://www.popcouncil.org/pdfs/TABriefs/PGY_Brief23_GirlsLeftBehind.pdf)


This report provides some of the first critical research specifically focused on adolescent girls in the developing world. It demonstrates how providing support to girls age 10-18 dramatically improves their lives – and also results in significant benefits for society as a whole. Going one step further, this report also includes strategic, concrete action items for policymakers, donors, development professionals, and the private sector to effectively implement change.

This report describes significant health problems adolescent girls face in developing countries, linking them to a combination of specific public-health risks and social determinants of health. It highlights the different ways in which governments and non-governmental organizations have sought—often successfully, albeit on small scale—to break vicious cycles of ill health. The report also outlines an ambitious agenda, with accompanying costs, for governments, donors, the private sector, and civil society organizations.
http://www.cgdev.org/content/publications/detail/1422899/

The Adolescent Experience In-Depth: Using Data to Identify and Reach the Most Vulnerable Young People. 2009. UNFPA, Population Council.
The Adolescent Data Guides draw on data from the Demographic and Health Surveys and show visually in maps how some of the most vulnerable girls are left out of the programs that are supposedly available to them.
http://www.unfpa.org/adolescents/dhs_adolescent_guides.html
Economic Strengthening

This report summarizes a workshop that discussed the asset building approach for girls – linking the importance of social and economic assets for vulnerable adolescent girls’ livelihoods.
http://www.popcouncil.org/pdfs/BuildingAssets_Oct05.pdf

This report describes the Tap and Reposition Youth (TRY) program - an adaptation of a group-based adult microfinance model for young women.
It included specialized business training; an integrated mentoring program that provided ongoing social support, counseling, and referral for vulnerable young women; and a voluntary saving program. In all, over 500 young women participated in the project, either savings-only or savings and credit activities. The evaluation demonstrated improved economic outcomes among TRY participants compared to those who didn’t participate, including increases in income levels, greater savings, and greater use of banking services to store savings.
http://www.popcouncil.org/pdfs/seeds/SEEDS23.pdf
This tool-kit is a practical resource for organizations seeking to start or strengthen entrepreneurship programs for young, at-risk women. It outlines the essential components of successful entrepreneurship programs, discusses common challenges and considerations, and provides other useful tips and resources.  www.itsherbusiness.org

Microfinance Opportunities/The Global Financial Education Program Curriculum.
This website contains in-depth information on financial education and links to various curricula on the topic.  www.microfinanceopportunities.org

Reproductive Health and HIV/AIDS Resources

Adolescents, STIs, and HIV/AIDS Fact Sheet. FHI.
These fact sheets answer frequently asked questions on HIV/AIDS and Reproductive Health prevention for youth.
http://www.fhi.org/en/Youth/YouthNet/FAQs/FAQsHIVAIDS.htm#What%20is%20the%20current%20situation%20regarding%20adolescents%20and%20STIs/HIV/AIDS

The curriculum and factsheet have been designed to provide girls and young women with important HIV/AIDS and sexual health information.

Curricula and Other Educational Materials on Youth Sexual and Reproductive Health. 2010. FHI.
This website includes a list of youth sexual and reproductive health curricula.
http://info.k4health.org/youthwg/
Giving Girls Today and Tomorrow: Breaking the Cycle of Adolescent Pregnancy. 2007. UNFPA.
This report focuses on the issue of adolescent pregnancy among married and unmarried adolescent girls, especially those living in poverty. It draws attention to current trends and the social, economic, and health consequences of adolescent pregnancy not only for the girls themselves, but for their families and countries.

This fact sheet provides key data points on unintended pregnancy and maternal mortality among young women around the world.

These report cards are advocacy tools aimed at increasing and improving the programmatic, policy, and funding actions taken on HIV prevention for girls and young women. They summarize the current situation of HIV prevention strategies and services for girls and young women ages 15–24 years in various countries. They also provide recommendations for key stakeholders to enhance action on HIV prevention strategies and services for girls and young women.
http://cl-t077-040cl.privatedns.com/hiv/reportcard.htm
It’s All One Curriculum: Guidelines and Activities for a Unified Approach to Sexuality, Gender, HIV and Human Rights Education. 2010. New York: Population Council, International Planned Parenthood Federation. This is a resource kit for developing a unified curriculum on sexuality, gender, HIV, and human rights. It includes both guidelines for curriculum content that places gender issues and human rights at the heart of sex and HIV education, as well as a set of activities that engage young people and develop critical thinking skills. 
www.popcouncil.org/publications/books/2010_ItsAllOne.asp

Make It Matter: 10 Key Advocacy Messages to Prevent HIV in Girls and Young Women. 2007. IPPF, UNFPA, Young Positives, Global Coalition on Women & AIDS. This guide equips its users with key messages, evidence, and actions that can be used to advocate for prevention of HIV in girls and young women. It includes three areas that are increasingly recognized as important components of the response to the epidemic: accessibility, expanding socio-economic opportunities, and ending child marriage. 

Sexual and Gender Based Violence

Doorways I: Student Training Manual on School-Related Gender-Based Violence. 2009. Washington, DC: U.S. Agency for International Development. Doorways I is a curriculum for students in upper primary and lower secondary on school-related gender based violence (SRGBV). The session are meant to be delivered by teachers and include topics on communication and negotiation skills, children’s rights and responsibilities, gender equality, healthy peer relationships and how to prevent and report SRGBV incidents. 

Doorways II is a curriculum that can be used to train community members to support students who have experienced SRGBV. This manual covers topics on listening and counseling skills, children’s rights and responsibilities, gender-based violence and developing a response network to violations of SRGBV.


Doorways III is a curriculum that can be used to train teachers on issues related to SRGBV. The teachers’ manual includes sessions on basic counseling and listening skills, children’s rights and responsibilities, teaching practices and attitudes that promote a safe learning environment, how to prevent and respond to SRGBV incidents, and the value of the Teachers Code of Conduct.


This report highlights key facts and issues in gender based violence, both medical and programmatic, and offers programming strategies for how to respond. www.popcouncil.org/pdfs/AfricaSGBV_keyissues.pdf
Education

**Girls, HIV/AIDS and Education.** 2004. UNICEF.
This UNICEF report discusses the relationship between girls, HIV, and education, including demographic data that illustrate the powerful role of education in preventing HIV. Three strategic priorities are outlined: getting and keeping girls in school, providing life skills-based education, and protecting girls from school related gender-based violence.  

This book highlights that nearly three-quarters of the 60 million girls not in school belong to ethnic, religious, linguistic, racial or other minorities. The authors highlight the ways in which gender inequality intersects with different types of exclusion to exacerbate disadvantage. Then, drawing on detailed analysis of what is already working in both developed and developing countries, and emphasizing both the lack of household “demand” and the socially restricted “supply” of schooling for excluded groups, the authors offer concrete proposals for new policies and programs for reaching these girls and their parents.  
http://www.cgdev.org/content/publications/detail/11898/

This report highlights the unique educational needs of adolescent girls, provides a first-ever compendium of more than 300 past and current programs and spells out concrete actions for change.  
More-educated women have fewer children. This seemingly straightforward relationship is actually complex, and the benefits associated with different levels of education can vary considerably by setting. This policy brief describes adolescent girls’ reproductive health risks and how increasing their educational attainment reduces those risks, including early and unwanted fertility, and benefits their future families and society.

www.prb.org/pdf07/PowerfulPartners.pdf

Training Tools

This training manual can help young women prepare and lead training sessions on a variety of issues that are relevant to them. It contains sections on young women’s leadership, economic justice, HIV and AIDS, human rights, peace, self esteem and body image, SRH, and violence against women.

International HIV/AIDS Alliance. 2002. 100 Ways to Energize Groups: Games to Use in Workshops, Meetings and the Community.
http://www.go2itech.org/HTML/TT06/toolkit/delivery/print/TrngMethods/100Energizers.pdf

This manual includes more than 30 activities to carry out group work with young women (ages 15 to 24) on gender identity, relationships, sexuality, reproductive health, motherhood and caregiving, drugs, work, and preventing and living with HIV and AIDS.


Evaluation Tools

Investing When It Counts: Generating the Evidence Base for Policies and Programs for Very Young Adolescents. 2006. UNFPA, Population Council, UNICEF and UNAIDS.

This guidance document and toolkit addresses the lack of research and attention to very young adolescents aged 10-14 by providing data-gathering approaches, tools, and methodologies. This guide is most useful for discovering which very young adolescents are most vulnerable, what their needs are, and whether they are being reached by existing programs.

Girls Rights


These fact sheets provide information about child marriage and how its negative consequences on the health, education, and livelihoods affect millions of adolescent girls. It also includes promising community-based methods to reducing child marriage.
http://www.icrw.org/publications/child-marriage-factsheets

From Invisible to Indivisible: Promoting and Protecting the Right of the Girl Child to be Free from Violence. 2007. New York: UNICEF.
This report covers the scope of violence against girls, and it promotes the rights of girls by presenting policy and programmatic recommendations for ending violence against them.
Multimedia Resources

Girls Discovered
This website contains interactive maps and data focused specifically on adolescent girls. You can create your own maps with topics of most interest to you – including health, education, population, social, economic, and legal status. www.GirlsDiscovered.org

The Interagency Youth Working Group
The Interagency Youth Working Group (IYWG) website includes a database with summaries of more than 1,700 journal articles and books, guidance on key youth program areas, and links to hundreds of publications, tools, and training materials. http://info.k4health.org/youthwg/about.shtml

The Nike Foundation
The Nike Foundation websites hosts several powerful videos on adolescent girls lives and the importance of investing in girls – including The Clock is Ticking, The Girl Effect, I Dare You, and regional girls’ stories. http://www.nikefoundation.com/media_room.html

UNFPA. Online Video Library.
UNFPA hosts an online video library that contains videos on a range of topics relevant to adolescent girls programmers – including reproductive health, adolescents and youth, HIV and young people, cultural approaches, gender equality, and human rights. http://video.unfpa.org/