



ANKODI & TUNZA DADA
SANITARY PAD DRIVE AND MENTORSHIP
PROGRAM GUIDELINE

Mentorship Event Guideline

Ankodi Relationship Therapy in collaboration with Tunza Dada Foundation has developed this guideline to support the Mentorship program at Okok Secondary. The guideline provides the presenters with hints on what to discuss with the students during the 45 minutes sessions and the mode of delivery. Presenters are at liberty to introduce sub-topics that will make their sessions as interesting as possible. The session leaders will allow active participation by allowing other adults to contribute to the topics as much as possible.

FORM 1

TOPIC	MODE OF DELIVERY	SESSION LEADER	DURATION
Introduction to Puberty			
- Normalizing the puberty experience like body changes. - Addressing the common misconceptions about puberty. - Proper hygiene during puberty; Menstrual hygiene.	- Charts - Drawings - Demonstration	Syprose (Ankodi) / Tunza Dada	15 minutes
Body Image and Self-esteem			
- Discussion on body image perceptions and societal pressures; Advice on embracing diverse body changes. - Strategies for building self-esteem and resilience.	- Straight talk	Kevin Arucho (Ankodi) / Sharon (Tunza Dada)	15 minutes
Introduction to Mental Health			
- Understanding emotions and recognizing signs of mental health issues; Importance of seeking help. - Introduction to coping strategies for mental health issues.	- Straight talk - Explanation demystifying popular theories	Stephen (Ankodi)/ Christine Odek	15 minutes

FORM 2

TOPIC	MODE OF DELIVERY	SESSION LEADER	DURATION
Reproductive Health Education			
- Understanding menstrual cycles and reproductive processes. - Addressing myths and misconceptions about menstruation and sexual health.	- Straight talk - Demonstration using charts.	Gladys Onyango (Ankodi) Salma (Tunza Dada)	15 minutes
Healthy Relationships			
- Identifying healthy and unhealthy relationship dynamics. - Consent, boundaries, and communication skills in relationships. - Recognizing signs of abusive behavior and seeking help.	- Straight talk	Claudia Aoro (Ankodi)/ Nyongesa(Tunza Dada)	15 minutes
Building Resilience			
- Understanding resilience as the ability to bounce back from challenges. - Cultivating a growth mindset and positive thinking. - Seeking support from trusted adults and peers during difficult times.	- Straight talk	George Terry Okoth (Ankodi)/Tunza Dada	15 minutes

FORM 3

TOPIC	MODE OF DELIVERY	SESSION LEADER	DURATION
Healthy Communication			
- Effective communication skills in various settings (family, school, and friendships). - Active listening, assertiveness, and conflict resolution techniques. - Developing empathy and understanding diverse perspectives amongst each other.	- Role Play - Demonstration using charts.	Kelvin Owange (Ankodi)/ Ruth Wandaka (Tunza Dada)	20 minutes
Mental Health Awareness			
- De-stigmatizing mental health issues and seeking help. - Identifying common mental health disorders such as depression and anxiety. - Discussing the impact of stress and peer pressure on mental well-being.	- Straight talk	Kelvin Owange (Ankodi)/ Ruth Wandaka (Tunza Dada)	20 minutes
Self-Care and Boundaries			
- Importance of setting and respecting others' boundaries. - Practicing self-care routines and prioritizing mental well-being. - Strategies for managing online boundaries and peer pressure.	- Role Play	Kelvin Owange (Ankodi)/ Ruth Wandaka (Tunza Dada)	15 minutes

FORM 4

TOPIC	MODE OF DELIVERY	SESSION LEADER	DURATION
Life Skills and Future Planning			
- Career exploration and goal-setting. - Transitioning to adulthood and responsibilities.	- Lecture	Cliff Orina (Ajira/ Ankodi)	15 minutes

FORM 4

TOPIC	MODE OF DELIVERY	SESSION LEADER	DURATION
Sexual Consent and Rights			
- Understanding the concept of consent and its importance in sexual relationships. - Recognizing and addressing sexual coercion and violence.	- Straight talk	Vivinne Jollebo (Ankodi)	15 minutes
Stress Management			
- Identifying individual causes of stress and triggers. - Healthy coping mechanisms such as physical activity, creative outlets, and social support. - Time management techniques for balancing school work and personal life.	- Demonstrations	Cliff Orina/ Tunza Dada	15 minutes

Content delivery guidelines & Code of Conduct

- Speakers are to use role-plays, group discussions, and Q&A sessions to encourage participation as it may apply.
- Speakers should use age-appropriate language and examples to make topics relatable to the students.
- Speakers are to encourage students to share their thoughts, questions, and personal experiences in a non-judgmental atmosphere.
- Speaker Time management.
- Speakers should observe respect to the school community.