

IKHWELOLETHU

A gender equality shaping programme

FOR YOUNG ADOLESCENTS (10-14 YEARS)



**60A FRERE ROAD
Vincent
East London**

A DEVELOPMENT PROJECT OF
THE NATIONAL DEPARTMENT OF HEALTH

CO-FINANCED BY
KFW AND THE DG MURRAY TRUST



health
Department:
Health
REPUBLIC OF SOUTH AFRICA



Implemented by
KFW



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MEANING BEHIND THE NAME

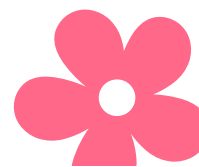
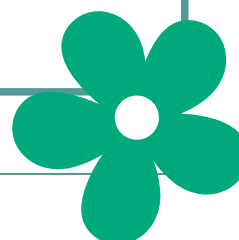
Our name is derived from the Xhosa word, "ikhwelo". Ikhwelo has several meanings, dependent on the context.

Ikhwelo is a whistle, commonly used by young males in both urban and rural settings to communicate to one another. Brothers and close friends have been known to have a whistle that they use with each other.

Ikhwelo is also a catcall usually made by groups of men when a beautiful young woman is passing.

"Ukuhlaba Ikhwelo" is a Xhosa term, which means, "a call to action". This term is used to get the community to rise up and act, and work together to achieve something for the good of the community.

The programme is using Ikhwelo as a loud call to young people to decide who they are, to stand up and express themselves, to believe in themselves and their future. IKHWELOlethu is also the young people's call to the society to let them be who they want to be, safely and responsibly.





PURPOSE OF THE PROGRAMME

IKHWELOlethu intends to shape equal gender norms amongst young adolescents. Through participating in the programme, young people will be made aware of, question, resist and redefine ideas about gender norms, attitudes and behavior. The educational programme aims to take young people through a journey of self-discovery, exploring ideas about who they are from conception to social beings, influenced by their environment.

Through the activities, young people are encouraged to adopt health-seeking and opportunity seeking behaviour and interactions in the future. Additionally, IKHWELOlethu uses debate to foster critical thinking, challenge gender norms, enable healthy verbal interactions between sexes and elicit appropriate expression of emotions. Through pace ball sport and Ultimate Frisbee, boys and girls get to experience positive physical interaction and learn that they can perform equally well in sports. In performing arts they are taught to express themselves through poetry, this allows young people to advocate for change in schools in their communities, to challenge and question harmful gender norms prevalent in their societies.





2021 HIGHLIGHTS

In 2021, IKHWELOlethu was implemented in 76 schools, 54 in BCMM and 22 in ADM. Although the lockdown levels have been revised down to allow some functioning in school, the learners were on the rotation system for the rest of the year. Schools continued to have very limited time to interact with the learners, as a result school focused on covering the curriculum, thus cancelling or restricting extra-curriculum activities. Ikhwelelethu used the time it was afforded in the schools to conduct the educational sessions and provide support to the school personnel to maintain the Covid19 regulations. Consequently, the programme could not reach the number of learners envisaged to be reached through the different platforms, debate, Paceball and performing arts.

In response, during the Spring Holiday in 2021, the programme implemented a holiday programme. The holiday programme was used to engage learners from implementing schools in the three platforms. The holiday programme was beneficial, it provided safe space and educational activities for young people to engage during a time that can lead to vulnerability in some communities. School principals, teachers, school governing bodies as well as district officials participated through the holiday programme, and many of them were exposed to the discussions and activities that are implemented by IKHWELOlethu mentors. The holiday programme has resulted in excitement about the programme in many communities.

76
SCHOOLS

54
BCMM

22
ADM



2021 LEARNER REFLECTIONS

A LIGHT BULB MOMENT
The moment you shed light on something; the moment you realise something that you had not thought of previously. Sometimes it is referred to as an AHA moment! Do you get it?

LIGHT BULB EXPERIENCE: A PERSONAL REFLECTION

- 1 You are going to do an activity called The Light Bulb Moment.
- 2 Think back to a time you realised you were treated differently because of your sex - for example, not being able to do something you liked because you are a girl or a boy. It could include anything from the toys you were not allowed to play with or being aware of different rules for boys and girls, to feeling uncomfortable because of your sex.
- 3 Think about this for a minute and think about how it made you feel.
- 4 After a minute or so, write down this moment on the space provided in your journal. What happened and how did it make you feel? It does not have to be a long story.
- 5 As you think about this, remember how it made you feel - write down words or draw emojis showing the feelings you had.

PERSONAL REFLECTION:

I said I want to be a president but I was told that it's for boys or men not girls or women. I felt very sad.

I was hoping to make a difference in the world as a president.



2022

IKHWELOlethu
Reached
13 262
Learners

Completed
11 232

71 schools

60A Frere Road
Vincent
East London





2022

The programme also had the opportunity to assist 14 learners apply for the Allan Gray Orbis Foundation scholarship for Grade 8, with two of the learners receiving provisional acceptance. IKHWELOlethu is trying to establish ways to support these learners throughout the year in ensuring that their performance remains consistent and that their wellbeing is of priority in order for them to get this once in a lifetime opportunity.



2023 HIGHLIGHTS

- The program has managed to reach +35 000 adolescents across BCMM and Amathole District Municipality.
- IKHWELOlethu has successfully implemented the program in Buffalo City Municipality and extended it to Amathole District Municipality.
- Employment opportunities have been created for rural and peri urban young people, reducing poverty and in-turn the spread of HIV/AIDS
- Our approach of using sports and debate has assisted a lot in building healthy verbal and physical interactions, amongst 10-14 year old's,
- Our participants now have fully realized their own potential, and are part of the various local activities and platforms.
- Some participants are actively involved and part of the Youth radio stations such as Tru FM and Kumkani FM, where they actively discuss socio- economic issues.





2023 HIGHLIGHTS

349 Learners took part in the first IKHWELOLEthu Performing Arts Festival.

Ikhweloletu graduations are one of the things that are exciting to the learners.

Ikhweloletu successfully hosted parent child dialogues in 4 communities.

All of our competitions have been a great success.



2023

Learners have found confidence in challenging harmful gender norms and are able to express themselves freely.

Parents and teachers have shown interest and became part of the program after noticing the change of behaviour.

We have a growing number of Champion teachers that are trained in various platforms of the program.



2023

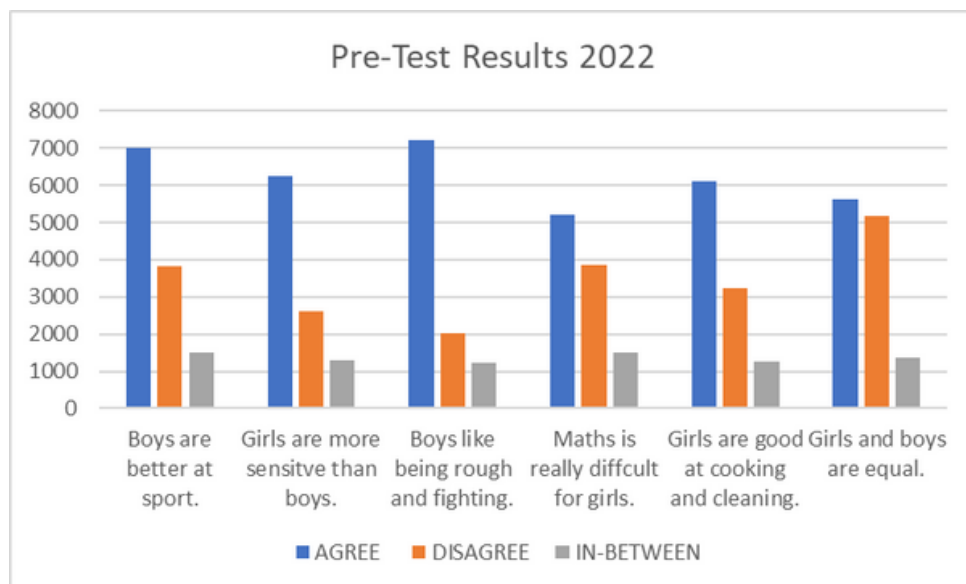
***+ 35 000 Learners
have been reached
through the educational
program***



2023

Figure 1

Successful implementation of the IKHWELOlethu educational programme is well supported by the parents, teachers and learners pre and post-tests, the shift in behaviour has been observed (results are shown in figure 1 and 2)

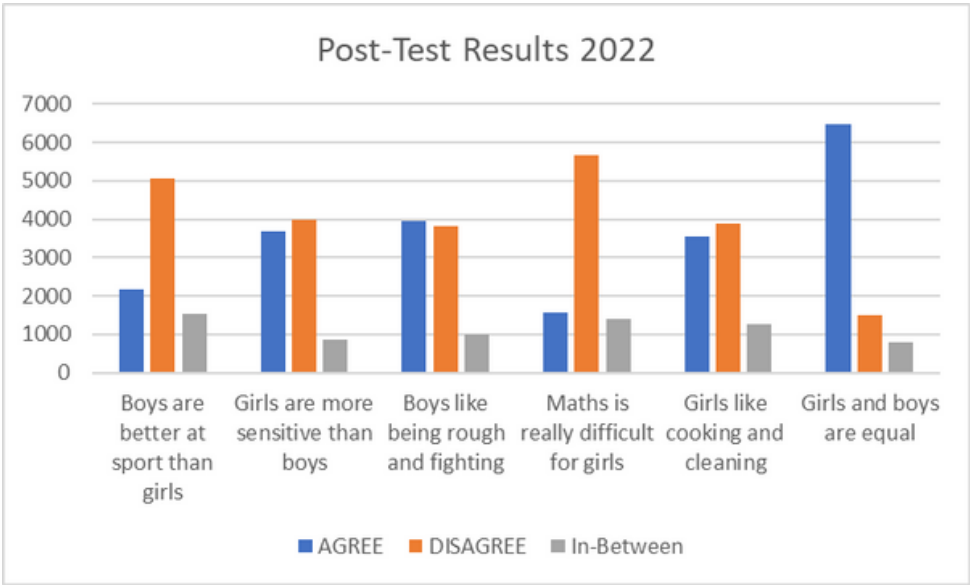




2023

Figure 2

Successful implementation of the IKHWELOlethu educational programme is well supported by the parents, teachers and learners pre and post-tests, the shift in behaviour has been observed (results are shown in figure 1 and 2)



Building real, imminent possibility for young people

DG
MT