International Conference On
CHILD PROTECTION IN AFRICA

From Vulnerability to Resilience, Innovation and Evidence

VENUE
Daystar University, Nairobi Campus
Nairobi, Kenya

DATE
8th - 10th August 2018
The influence of life skills training on the social and emotional wellbeing of street-connected children – Family Resilience Project, AVSI Uganda.

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AVSI Foundation: Origin, Vision and Mission

**AVSI Foundation** is a non-governmental organization born in 1972.

**AVSI** works for a world where every person, aware of her value and dignity, is the main protagonist of her own integral development and that of her community, even in crisis and emergency contexts.

**AVSI** implements cooperation projects in various sectors with a preferential focus on education, meaning that the person is accompanied towards self-discovery and recognition that the other person is a good for me. Each project is conceived of as an instrument to promote this awareness in all persons involved, carries in itself a need for communicating and sharing, and creates an impact capable of generating positive change.
**Sectors**
- Education + ECD
- Food security and Nutrition
- Agriculture
- Health
- Protection
- Psychosocial care
- Family strengthening
- Economic strengthening
- WASH
- Energy and environment
- Urban development
- Emergency
• **AVSI Foundation - Lead**
  – Retrak Uganda: Consortium partner- lead reintegration
  – Fruits of Charity Foundation (FCF): Implementing partner
  – COWA: Implementing partner

• **Donor: USAID Displaced Children’s Orphans Fund**

• **Duration:** 2.9 years and **Budget:** $1,340,000 USD

• **GOAL:** Prevent child – family separation and re-separation

• **Target:** 300 formerly street connected children and 350 families at high risk of separation.

### Intermediate results and activities

- Quality, appropriate case management helps reintegrating children and families at high risk of separation identify needs and access support and services. (Follow reintegration SOPs, HDP approach, work with stakeholders)

- Targeted families/HHs have increased economic resources and capacities (cash transfer, VSLA, Apprenticeship, SPM, community skills) To deal with the push factors

- Children are nurtured and protected in target families and communities (parenting, life skills, dialogues, referrals, home visits, psycho social activities)
Innovative Practice: whom does Life skills Target

**targeted 3 categories of children**

- Children living on the streets
- Children in contact with the law in Naguru Remand Home
- Children from families at high risk of separation (in school and out of school).
- Children living in difficult circumstances including being chased from home, exposed to violence, Drugs and alcohol abuse, Family breakdown, socio-economic collapse,
- Age group: Children aged 10-13 and 14-17 years.

Therefore, Life skills aimed at empowering children to understand who they are, with focus in the future and being able to adapt positive behavior.
Innovative Practice: FARE/Life skills methodology

Main training focus is building Strength using Resilience pyramid approach “in the world of a person”

- The training is a group-based with 15-25 children over a period of 1-3 months.
- The sessions involve participatory learning methods such as role plays, discussion, demonstration, games, quizzes, movies and other activities that keep the children active.
- A pre and post training questionnaire to assess knowledge change is done for each child.
FAREs Life skills Package at a glance

Module 1: Getting Started
Module 2: Knowing myself
Module 3: Relationships
Module 4: Coping with Emotions
Module 5: Passive, Aggressive & Assertive Behavior
Module 6: Growing up
Module 7: Communication
Module 8: Decision Making
Module 9: Substance Abuse
Module 10: Reaching my Goals
Significant changes on Children’s social wellbeing

Overall positive social wellbeing

Baseline: 77%  
Endline: 96%

Child Social wellbeing by variables

<table>
<thead>
<tr>
<th></th>
<th>% Baseline</th>
<th>% Endline</th>
</tr>
</thead>
<tbody>
<tr>
<td>Positive Friendships</td>
<td>84%</td>
<td>97%</td>
</tr>
<tr>
<td>Resolve Conflict</td>
<td>74%</td>
<td>94%</td>
</tr>
<tr>
<td>Help when sick</td>
<td>93%</td>
<td>99%</td>
</tr>
<tr>
<td>Enjoyable work</td>
<td>89%</td>
<td>96%</td>
</tr>
<tr>
<td>Friend with good example</td>
<td>82%</td>
<td>97%</td>
</tr>
</tbody>
</table>
Significant changes

Children with positive emotional wellbeing:

- Feeling good about my self: Baseline 68% | Endline 93%
- Feeling valued and appreciated: Baseline 88% | Endline 95%
- Feeling good about my Future: Baseline 81% | Endline 94%
- I find positive ways to deal with hard things: Baseline 72% | Endline 93%
- I feel in control of my life and future: Baseline 73% | Endline 93%
Replicability

• AVSI Social Protection projects both within the development and humanitarian settings have life skills trainings as a core intervention

• Low cost investment – following the training of trainers (majority of activities do not require extra material)
Scalability of promising practice

• Trained and mentored social workers in three implementing partners organization.
• Trained community based trainers and teachers in life skills to train in school and out of school youth.
• Cheap to implement (once an individual trainer has been trained)
• AVSI Social Protection programs have components of life skills trainings for youth SCORE and EVAC1
Lessons Learnt

• Effective follow up of children through home visits helps in encouraging children.

• Life skills group activities help to bring adolescent together and hence reducing emotional stress as they share different life experiences.

• Integration of life skills with psychosocial activities like counseling, recreation outings enables children to open up and build trust.
Integration of life skills with psychosocial activities

Individual counseling

Recreational activities
Area for Further Research

• Investigate rigorously - the effect of life skills training on reducing child family separation
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