GOAL
COMIC BOOK

futuremakers
by Standard Chartered
PLEASE NOTE THAT THESE STORIES DISCUSS SENSITIVE ISSUES SUCH AS ABUSE AND HARASSMENT. IF YOU ARE LIVING WITH ANY SIMILAR EXPERIENCES TO THE CHARACTERS IN THE STORIES, PLEASE CONTACT YOUR GOAL COACH WHO CAN ADVISE YOU ON HOW TO ACCESS SUPPORT.
My name is Winnie Abigael Andeyo and I am from Nairobi, Kenya. I enjoy spending time with my family and friends, socializing, reading, traveling, hiking, camping, a bit of writing, among other things.

I joined Vijana Amani Pamoja (VAP) in 2011 as a volunteer, I later on became a peer educator/coach at the organization were my task was to implement the different programmes we have in the organization. Now I am the goal programme officer.

I enjoy what I do because I interact with young people from different backgrounds who have gone through different experiences in life. I help them make healthy and informative choices in their daily life. I’m passionate about working with the community to bring social change and change the stereotypes in society.
ZAWADI’S JOURNEY THROUGH MENSTRUATION
Zawadi just turned 12 years old, she is the middle child and the only girl in a family of four boys. She enjoys playing football with her friends during her free time.

Zawadi and her family live in a slum community called Kiambiu in the city of Nairobi in Kenya. Life in the slums at times is not easy and they have to struggle or work extra hard to get some of the basic necessities.

Zawadi’s parents are both casual workers and most of the time they are out and about looking to provide for their children and keep their family going.

Being the girl in the family, Zawadi’s brothers often leave the house chores for her to do. The little free time she gets after completing her chores she goes with her friends to the community field where their football team trains.

Zawadi aspires to be a great footballer so that she can get a scholarship through playing football to go to university. She wants to study medicine so that she can help her family and also the community she lives in.

Zawadi’s life is about to become a bit more complicated as she gets her periods for the very first time and is baffled by this new discovery. She’s left with a lot of confusion not knowing where to turn to for help and get the correct information to help her through this experience.

At first she is ashamed to tell anyone about what’s happening to her body as she fears people might laugh at her or treat her differently. She tells a neighbor what she is going through hoping that she will be able to assist her but she is left more confused, feeling that the information shared by the neighbor is somehow not correct.

She eventually shares her story with her best friend about what she is going through and she assists her to get the correct information through her sister who is a life skills coach.
FURaha
A 13 year old girl who loves playing football, lives with her sister and mother. She is Zawadi’s best friend and lives in the same community as Zawadi.

Anita
A 13 year old girl who comes from the same community as Zawadi and also plays on the same football team. She lives with her father and two brothers.

Mama Ben
Zawadi’s neighbor who is 45 years old and a mother of two boys. She has strong beliefs in traditional ways.

Raha
Furaha’s sister who is passionate about working with girls in the community, helping them to realize their potential in life, and overcome obstacles that might stand in their way when it comes to achieving their goals. She is a goal life skills coach.

Coach Mark
A former footballer who became a coach after getting a serious injury which suspended his football dream. His passion for the game continues as he decided to coach football to children in his community.

Sifa
A community health worker who is passionate about supporting the people in the community in any way she can.
Seated outside her home on a three-legged stool, Zawadi pours water in two small basins. She rushes to finish washing the utensils before her friends come for her so that they can go for their football training that day. Around her, kids are playing all sorts of games; some are chasing each other around, others are playing with toy cars made out of carton juice boxes while the smaller kids are just seated watching the bigger kids as they play.

Zawadi, you're not yet done?

As Zawadi stood up from the three-legged chair to take the utensils she had washed in the house, she felt something wet in her panties. She entered the house and decided to check why her panties were wet.

Oh no! When did I get hurt? What happened? Is this period blood?

Anita and Furaha get distracted with the kids playing around as Zawadi finishes doing the utensils.

Hey girls, you're early.

Your brothers did not help you with the chores again?

No they went to play. I'm almost done.

We'll be late for the training.

Anita and Furaha get distracted with the kids playing around as Zawadi finishes doing the utensils.
I am coming! I am looking for my training boots.

Should I tell them I just got my period? What if they laugh at me and tell everyone in the team? I think I will not go for training today.

Girls I just remembered I have not fetched water for the house. I cannot go to training with you. I must get the water first. You both go, I will follow you in a short while.

Sorry girls.

Anita and Furaha leave to go to the field as Zawadi goes back in the house.

Zawadi, you’re not serious. You should have told us earlier.

Come on Anita, let’s go. See you later Zawadi.

I don’t have any money to buy pads and mom is not around.

What should I do?
Zawadi walks out of the house to go and collect the three-legged stool she was sitting on while she was washing the utensils and the yellow jerrican of water which is now empty. Kids are still around playing their games. As Zawadi bends over to collect the items to take to the house, she hears a voice slightly far away from where she is.

Zawadi hesitates to sit down because of fears of staining her clothes.

Zawadi, you didn’t go for training today?

Hello, Mama Ben.

Hello, are you ok?

I’m ok.

You didn’t have training today? Is your mother around?

I’m not feeling well.

What’s wrong, are you sick?

No, mom left early in the morning. She has not yet returned.

What about training?

No, I...I...I started my period today.

It’s ok, I will just stand.

You are now a woman. Have a seat.

It’s ok, I will just stand.

You are now a woman.

Zawadi hesitates to sit down because of fears of staining her clothes.
Zawadi is confused as to why she cannot continue with her normal activities because she is on her period.

I have not told anyone yet, just you.

Good, you shouldn’t be going around telling everyone about it, especially men. Don’t let them touch you. You will get pregnant.

It’s a good thing that you did not go for training today. You should not be jumping up and down or running around while you are on your period. You should just stay in the house.

Why?

Do you want people to smell your dirty blood?

No!

Take some tissue paper and use it to prevent you from getting blood everywhere. Pass my greetings to your mother when she gets back.

Mama Ben walks away leaving Zawadi still seated. Zawadi looks around to see if anyone is paying attention to her. She stands up and collects the three legged stool and the yellow empty jerricann and gets into the house.
there is a knock at the door.

who is it?

it's furaha.

come in. the door isn't locked.

hey furaha. i'm just resting. how did training go yesterday?

it went really well. coach taught us some new drills. he asked why you didn't go for training. we told him you weren't feeling ok.

thanks!

hey zawadi, are you sleeping this time of the day?

you're welcome, but you're really not looking well today. what's wrong?

what did you say, i did not hear you?

my period came yesterday and since, my stomach is really in pain. it's like i'm cursed or something.

what?

my period came.

you're not cursed, zawadi. it's perfectly normal.

you mean this pain is normal?
Zawadi’s Journey Through Menstruation

Anita and I passed through the same thing. Yeah, we have.

What did she tell you? Like what?

So you and Anita have already had your period?

Yeah we have.

Yesterday after you left for training Mama Ben found me outside and started to ask why I hadn’t gone for training so I had to tell her the reason.

What did she tell you?

A lot of things, but some I am really not sure of.

Like what?
She told me that I should just remain in the house so people don’t smell my dirty blood. I should not be jumping up and down. She told me I can take some tissue paper to prevent staining my clothes, but that’s not going so well.

**Fact**

When you’re on your period:

- People cannot smell your blood.
- Participating in physical exercise is perfectly fine.
- There is no negative impact if you continue to play with friends who are boys.
- There is no reason that you should not participate in your regular activities.
- There are different menstrual products you can use to stay clean and hygienic.

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**Fiction**

When you’re on your period:

- People can smell your blood.
- You shouldn’t do any physical exercise.
- Don’t let men touch you because you’ll get pregnant.
- You should stay indoors and not see anyone.
- Use tissue paper to stop blood from going on your clothes.

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That’s crazy. You should have told us yesterday.

I was afraid that you would have laughed at me.

No Zawadi, we would have helped you. My sister is a goal life skills coach and she talked to Anita and I when we started our periods. We learned a lot from her. Let’s go talk to her.
Zawadi and Furaha walk towards Furaha’s home. Outside there are basins filled with water and several jerricans of water. Raha, Furaha’s sister is hanging clothes on the clothing line to dry.

Hey you two, you don’t have training today?

No, not today. We want to talk to you.

Zawadi helps Furaha to carry the jerricans and the basins in the house and waits for Raha. In the house Zawadi and Furaha are seated listening to the radio as they speak in low tones. Raha enters the room.

Hey you two, you don’t have training today?

No, not here. In the house.

So what’s up? I am all ears!

I… I… started my period yesterday but I lack information on how to deal with this situation.

First of all, menstruation is not something you should be ashamed of; it’s a perfectly normal thing which all women go through when they reach a certain age. I will support you through this and help you understand what’s happening. Let me show you something.

Having your period is a normal thing all women go through.
First, let me show you something that will be very useful whenever you have your period.

This is a sanitary napkin or a pad. This is a girl’s best friend during menstruation.

1. First you make sure you have a clean panty.
2. Take your pad and open it carefully by first pulling off the center sticker.
3. Then take the sanitary napkin and place the sticky side on the inner part of the center of the panty.
4. When the pad is well adjusted, take the center wrapper off and pull the wings out and fold them around the panty.

How does it work? How do you put it on? It seems like it might fall out when I’m walking or running.

No Zawadi! It can’t fall down so long as you have put it on correctly, let me show you.
Zawadi's Journey through Menstruation

Raha, tell me more about menstruation.

This is the amount of blood coming out of our vagina during menstruation.

Raha, tell me more about menstruation.

Every month girls your age and women all over the world go through a menstrual cycle, or what is commonly referred to as a period. During this time it is important to remain healthy and clean.

The period is the process when a thick fluid consisting of blood, uterus lining, and cervical mucus leaves our body through the vagina as part of the menstrual cycle.

No furaha, we only lose 4 to 6 tablespoons of fluids during the days of our period, which can last anytime from 3-5 days.

Raha do we lose a lot of blood during our periods?
1. Fold the wings inward carefully so that you don’t get your fingers dirty and roll up the used pad.

2. Use the wrapper of your next clean pad that you are going to change into and wrap the dirty pad with it.

3. Then, dispose it in a dustbin or in a pit latrine.

4. Make sure you wash your hands before and after changing the pad.

Now that I know my period is nothing to be ashamed of and that all women go through it, I feel like telling my mom that mine started.

See Zawadi, I told you Raha would help.

Before you get all excited let me show you how to change a used sanitary napkin.

When the pad is full this is how you remove it.
Raha, do you have an extra pad you can lend me? I have been using tissue papers since yesterday and it feels very uncomfortable.

Yes! Here you go you can use this.

Wow! A whole pack just for me. Thanks Raha.

Now sometimes during your periods you might not have money to buy sanitary napkins. I want to show you how to make one in case this happens. We will need all these things on the table.
1. First, I will make a sanitary template on a piece of paper. Place the template pad on the paper and trace it to create the desired shape. Cut out the sanitary napkin template.

2. Lay the template on to a clean piece of absorbent cotton cloth. It can be an old piece of clothing that you don’t wear anymore.

3. Using a pair of scissors, carefully cut out the shape or template of the sanitary napkin.

4. Perfectly align several pieces of the cut cloth and carefully sew it along the side lines with a running stitch all around. You can make several pads if you want.
1. First you soak it in cold water to remove the blood from the material. Don't use hot water.

2. Rinse until the cold water is clear then wash with a non-perfumed bar of soap.

3. Rinse it well and hang it outside to dry in the sun to kill any bacteria.

Remember girls, keeping clean and healthy during your period is very important. Take a bath each day if possible. Wash your vagina with clean water to wash away the period fluid. Don't use any soaps or chemicals near your vagina which could cause irritation and infections. Always wash your hands before and after you change your pad.
What will we do during training? The washrooms at the field are not in good conditions and are always closed.

What do you do in case you want to use the washroom?

We go to Rehema's house since she stays near the field.

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Wow, that's not right. Do girls in your team know about menstruation?

No, I don't think so. No one has ever come to talk to us about it.

Even coach has never talked to us about it, maybe because he's a boy. Haha.

Wow, that will be great. Thank you!

Okay, I will come by with a community health worker tomorrow to talk with the coach about having some sessions with your team and also figure out ways we can have the washrooms reopened.

You're welcome and feel free to come to me in case you have any further questions or you are struggling with anything.
Hey coach Mark.

Hey girls, you’re early. Zawadi, we missed you in training the other day. I hope you’re now feeling OK.

I’m doing well, coach, thanks.

Hey girls, you’re early. Zawadi, we missed you in training the other day. I hope you’re now feeling OK.

Coach this is my sister Raha and her friend, Sifa. She is a community health worker.

Hello, welcome to our training site.

Of course, it is an important topic and I never felt comfortable speaking about it.

Thank you. Could we use some of your practice time to talk to the girls about menstruation?

Hey girls, we have some visitors with us. I am going to let them introduce themselves and tell you why they are here today.
Welcome!

My name is Raha and I’m a Goal Life Skills Coach. I mostly work with girls like you and empower them about reproductive health and their rights.

My name is Sifa and I’m a Community Health Worker and I’m happy to be here today.

I have spoken with your coach and he has agreed that you too will also learn about reproductive health and get more information about menstruation and how to keep healthy during your periods.

How many of you know about periods and what do you know about it?

Yes Zawadi?
I know that it’s something all women and girls our age go through and that we should not be ashamed about it or afraid to talk about it.

Thanks Zawadi, yes that’s true. We will learn more about menstruation and how to keep clean and healthy during our period.

Raha, coach Mark and I will be working closely to ensure that the washrooms are reopened and there is access to clean water.

We are planning a soccer tournament this weekend to sensitize the community about menstruation. Coach Mark can sign you up so that you can play in the tournament!

Thank you for visiting us, looking forward to achieving great things together.

We will see you at the tournament!

Sifa and Raha walk away from the training site as the girls prepare to start their day’s training.
# My Annual Period Tracker

Keeping track of your period will help you understand your body better and prepare for monthly periods. Color in the spaces below each month from the start to finish of your period and track the duration.

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Duration
SANITARY NAPKIN TEMPLATE
ZENA’S JOURNEY THROUGH STRESS AND ANXIETY
Zena is 15 years old. She is the first born child in a family of three girls and she enjoys playing football with her friends during her free time.

Zena and her family live in a community called Eastleigh. It’s located east of the central business district in the city of Nairobi in Kenya. It’s known for its business prowess as well as its poor infrastructure.

Zena’s parents both work hard to provide for their family. They are good parents, but their marriage is not a bed of roses at all times. Sometimes they argue a lot.

Zena’s mother has a small business where she sells groceries and her father works as a driver in one of the bus companies in the city. Since the COVID-19 pandemic broke, Zena’s parents are forced to work extra hard to provide for their children since their jobs have become unstable.

Zena and her friends have been going for their football trainings as usual, but their training sessions are yet again about to be interrupted because the number of infected people is rising. The government announces another lockdown and Zena does not take this well because she had struggled a lot in coping with the last lockdown.

This time around, Zena faces a lot of stress and does not know how to handle it or who to turn to. She eventually gets someone to help her get through her stress in a positive way before things get out of hand.
MAYA
Zena's friend who is 14 years old living in the same community as Zena with her mother and two brothers. She likes playing football and jokes a lot.

ZENA'S FRIEND WHO IS 14 YEARS OLD LIVING IN THE SAME COMMUNITY AS ZENA WITH HER MOTHER AND TWO BROTHERS. SHE LIKES PLAYING FOOTBALL AND JOKES A LOT.

NINA
Zena's friend who is 15 years old living in the same community as Zena with her grandparents and her brother. She likes playing football.

ZENA'S FRIEND WHO IS 15 YEARS OLD LIVING IN THE SAME COMMUNITY AS ZENA WITH HER GRANDPARENTS AND HER BROTHER. SHE LIKES PLAYING FOOTBALL.

ZURI AND ZAHARA
Zena's sisters who are twins. They are 12 years old and love the indoors.

ZENA'S SISTERS WHO ARE TWINS. THEY ARE 12 YEARS OLD AND LOVE THE INDOORS.

COACH LIYAH
A goal life skills coach who loves working with girls in the community. She also enjoys playing football.

A GOAL LIFE SKILLS COACH WHO LOVES WORKING WITH GIRLS IN THE COMMUNITY. SHE ALSO ENJOYS PLAYING FOOTBALL.
Along a busy road, cars are passing by and people are selling groceries, clothes, and snacks by the road side. In their football apparels, carrying bags on their backs and wearing face masks, Zena and her friends, Nina and Maya are walking home.

TODAY’S TRAINING WAS INTENSE.

I’M JUST HAPPY I’M BACK ON THE FIELD AND OUTSIDE.

YEAH, IT’S NICE BEING ABLE TO GO OUT AND EVEN DO OUR TRAININGS.

Hey girls, what are you girls doing here?

Some flyers. You girls haven’t heard the announcement? Cases of the virus are increasing daily. The community is going into lockdown again as a way to stop the spread.

Hey uncle, we’re on our way home from training. What’s that in your hand uncle?

Lockdown! Stop the spread of COVID-19

Stay at home
Wash your hands
Wear a mask outdoors
Avoid crowds

If someone you know is sick, contact 0712345678

What!

Is this a joke?

Lockdown again?
Zena's uncle walks away and continues handing out the fliers. The girls continue walking home.

Sorry about this girls. You better get home and assist where necessary. Zena we will talk later. Pass my greetings to the family. Stay safe girls.

We will be calling and texting each other daily right?

I can't believe that we will be going through this again.

Prison life again.

It's not the same Nina, I hate being indoors that long. I need the outdoors. Well I think this is goodbye then.

For now, it will only be a few days I hope.

Yes we will see each other soon.

Bye girls, we will talk later.
In Zena’s home

Hey Mom.

Hello Zena.

Have you heard the lockdown announcement?

Yes! I want to go out and get a few more things for the house.

Zena, mom said you should start making dinner early.

Guess I better get used to this again, stuck in my bed.

Zena spends a few hours on her bed then afterwards she takes her bath and prepares dinner for the family.

You’re getting better at this Zena, the meal is delicious.

Thanks Dad.

How was training today?

It went OK. Too bad it’s going to be the last one.
Cheer up Zena, the lockdown will be suspended soon and things will resume including my job and your mother’s business.

Zena goes to the bedroom as her family continue with dinner.

I feel a bit tired. I’m going to bed. Have a good night.

At Nina’s house the next day

Tomorrow is the day when we check into our prison cells.

Come on Maya, it won’t be that bad I hope.

Your brother is cool. My brothers are annoying and I’ll have to do everything in the house.

Zena you’re so quiet today. Are you ok?

Let’s not talk about the lockdown.

There’s a game on today. Do you want to watch it?

Yeah sure.

The girls watch the game for a while then Maya and Zena say their goodbyes and go home.
It’s been a few weeks into the lockdown. Zena’s family members are all in the house. Zena stays locked in her room scrolling through her cellphone.

Lunch is ready. I’m not hungry.

You didn’t eat breakfast and now you don’t want lunch. Are you on a diet we don’t know about or something?

Leave me alone, you’re so annoying.

In the seating room Zahara, Zuri and their mother are seated watching television. Their father is locked away in another room. Zena walks in the room.

Oh look, the princess has decided to grace us with her presence.

I’m not in the mood Zuri. Where’s dad?

Locked in his room. AKA drinking.

Zena, you’ve been spending a lot of time in the bedroom and you haven’t eaten anything today. Are you ok?

I’m fine mom. I’m just missing my friends and I have a slight headache. Don’t worry, I’ll take some water and lay down. I’ll be ok.

I’m not sure mom. Since lockdown, she’s acting different. She doesn’t eat, she’s always on her phone or sleeping. She doesn’t talk to us and she always want to be alone.

Zahara is your sister ok?
Zena’s mother leaves Zahara in the seating room and goes to the room where her husband is. Her husband is seated on a chair beside the bed, in front of him a half full bottle of whiskey and a glass on top of a stool.

Zena’s mother leaves the room and shuts the door. The argument is heard by her daughters.

You’re drinking again? Your daughters knows exactly what you are doing in here.

I think there is something wrong with Zena.

Well that means their mother is sleeping at her job. What do you want Mama Zena?

What’s that got to do with me? You’re the mother, find out what’s wrong with your daughter.

It’s like I’m raising these children alone. They need their father too.

And I need my peace, now let me be.
Mom, I’m 15.

You will always be my little girl even at 50.

At 50!

Glad to hear, though I have noticed you haven’t been your cheerful self these days. What’s going on with my little girl?

MOM, I’M 15.

I know something is wrong with you. It’s ok if you don’t want to talk to me.

What this?

That’s a toll-free help line number. I got it from the community awareness event that was held by the goal program.

Girls can call the number for free as many times as they want in case they’re going through a challenging time and need someone to talk to. It’s called “Rafiki True Helpline.”
What will I say, maybe I should not call now.

Let me just call!

Hello, Rafiki! True Help Line, this is Coach Liyah speaking. How can I assist you?

Oh my, it's actually working!

Hello.

Hello Rafiki! True Help Line. How can I assist you?

My name is Coach Liyah. I am a Goal Life Skills Coach. Who am I speaking to?

Yeah hello, I was given this number by my friend. She told me I can get help when I call.

Don't worry, this conversation is confidential. I will not share with anyone what we discuss.
My name is Zena. Since lockdown was enforced I haven’t been coping well with this situation. I feel stressed and sometimes I have anxiety because I am indoors.

Don’t worry Zena, stress and anxiety are normal feelings that we all go through at times and there are things we can do to help ourselves cope with this situation in a positive way.

Nowadays I just lock myself in my room and I want to be alone. Sometimes I just cry.

Crying is perfectly normal and ok when you are stressed. I would like us to look at different positive ways to address stress.

Zena, tell me some of the things you like doing?

I like playing football, listening to music, going for walks and dancing a bit.
Wow, those are nice activities. Which activities do you think you can still do while you are in quarantine?

Listening to music and dancing.

What new activity do you think you can start doing?

Maybe reading and spending time with my sisters.

That's a good idea, what about football?

I can try to find space at home to do some simple drills and also try to get my sisters involved.

Since you are not able to go for walks, you can write about the walks you used to go on and share the story with someone in the house.

Yeah I can try doing that.

You can always come up with positive creative activities to keep you active and engaged during your quarantine.
THANKS COACH LIYAH, YOU HAVE REALLY HELPED ME. I FEEL BETTER.

FEEL FREE TO CALL ANY TIME IN CASE YOU NEED SOMEONE TO TALK TO.

I WILL. I’LL BE SHARING THE NUMBER WITH MY FRIENDS IN CASE THEY NEED SOMEONE TO TALK TO.

OK, PLEASE DO SO. I AM ALWAYS HERE TO HELP.

THINGS I LIKE TO DO

THINGS I CAN DO
WHILE IN QUARANTINE

NEW THINGS I CAN TRY DOING

THINGS I CAN DO
WITH MY FAMILY
The next day Zena wakes up early in the morning to start her indoor activities she had come up with while she was talking to Coach Liyah. Zuri and Zahara are still in bed.

Zena: It's too early.

Well today is a new day. Change into some training gear and join me in the seating room in two minutes.

It's morning girls. Rise and shine girls. Wake up! Let's do some fun activities.

What's gotten into you this morning? You're always the last one to wake up.

Zena leaves the room and goes to the seating room where she has created space to do some workouts and some football drills. Zahara and Zuri enter the room in their workout clothes.

The girls worked out and did the drills for a few hours and did some dancing afterwards. This became part of their daily routine for a couple of days. Eventually their mother also joined.
I will, it’s going to be a very good night.

GOOD JOB ZENA.

THANKS DAD, YOU SHOULD JOIN US TOMORROW.

MAYBE ANOTHER DAY.

LOOK EVERYONE, THEY’RE ANNOUNCING SOMETHING ABOUT THE LOCKDOWN.

THY’VE SUSPENDED THE LOCKDOWN!

YES FINALLY, OUTDOORS HERE I COME.

YOU STILL HAVE TO WEAR YOUR FACE MASK WHILE GOING OUT AND FOLLOW ALL THE MEASURES SET BY THE GOVERNMENT.

I WILL, IT’S GOING TO BE A VERY GOOD NIGHT.
A few days later, Zena walks out of her gate carrying her bag and football in one hand. Maya and Nina are waiting for her outside the gate so that they can go to practice. All the girls are putting on face masks.

Maya, Nina! I missed you girls so much. How have you been?

I am just glad the lockdown is over. My brothers almost drove me mad. I almost came out of quarantine crazy.

I spent a lot of time bonding with my grandparents. I learned a lot from them. I also did a lot of reading.

I almost went crazy too. But I got some help and things turned out okay.

Their coach stands at the field waiting for the players to arrive. The teammates are happy to see each other and resume their training.

Hello everyone, let’s sit down. I am glad to see everyone healthy and back on the pitch. I know it was hard not being able to go outside but it’s over. I would like to remind you that safety is very important. Make sure you wash your hands at the water point before getting on the pitch and bring your face masks with you to train. Is that clear?
I hope you were keeping yourself active while in quarantine. I want us to share our experiences in quarantine before we start training.

Quarantine was not easy for me; I struggled a lot to adapt to that situation. We fought a lot with my sisters. I’m glad it’s all over.

I had a different experience with quarantine; I adapted by learning something new daily. I read a lot and also spent time with my grandparents but at first it was not easy.

I also struggled a lot with quarantine. I was stressed and I took it out on the people around me, especially my sisters. My mom noticed something was wrong and she shared with me the Rafiki True helpline number where I met a goal life skills coach called Liyah. She helped me to come up with positive and creative ways to handle my stress. I got my sisters and mother involved in these activities, which were very fun and helped me get through my stress. I learned that it’s very important to give each other support and also communicate when you need help.

Wow Zena, that’s very interesting. I’m sure we all would like to hear more about that later and also maybe you can share the Rafiki True helpline number with your teammates. OK, let’s start our training and remember to remain safe.
My monthly mood tracker

Being aware of how you feel is an important step to understanding how to deal with stress and anxiety. Track and record your daily mood. Choose a different color for each of the moods below. Color in the flower each day depending on which mood(s) you feel.

Happy  Excited  Calm  Sad  Anxious  Stressed  Angry  Scared

1  2  3  4  5  6
7  8  9  10  11  12
13  14  15  16  17  18
19  20  21  22  23  24
25  26  27  28  29  30
31
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GOAL IS DELIVERED IN PARTNERSHIP WITH: