

100 GOALS for Peace

“Educate a woman, you educate a nation” - Phumzile Ngcuka, Deputy President of South Africa

Last summer through the Davis Projects for Peace a group of F&M students launched The ONE Goal Program, which is a health education program, geared towards South African youth. Throughout the program, it was quickly discovered that female participation was low and that the presence of young female leaders working at the field was almost non-existent. Through surveys and evaluation of facilitators and participants it became apparent that an “all girls” program would be extremely beneficial and we are now dedicated to ensure it becomes a reality.

South Africa is currently known as the *Rainbow Nation*, a term coined by Archbishop Desmond Tutu to describe post-apartheid South Africa as a nation “at peace with itself and the world.” As the Rainbow Nation, many cultures have come to coexist within the country, while simultaneously the country strives towards equality. Yet, despite the governmental and legislative progress that has been made in South Africa’s post apartheid era, racial and gender discrepancies still remain. With the largest number of HIV infections in the entire world, South Africa is not only severely affected by this epidemic, but it is one that plagues the countries most vulnerable populations due to the unequal distribution of disease within race, age, and gender,

Fourteen years after apartheid, South Africa’s national HIV prevalence for Africans was 13.6% while the White’s had an HIV prevalence of 0.3%. In particular, prevalence of HIV for women is much higher than men. Young girls between the ages of 15-19 have a 6.7% chance of contracting HIV, while their male counterparts have an 2.5% chance. Similarly, women between the ages of 21- 24 have a of 21.1% chance, while their male counterparts have a 5.1% chance (UNGASS Country Progress Report, 2010). This represents the underlying pattern of sexual dynamics in South Africa where inter-generational sex is common. Aside from national structural impacts, local agents play a critical role in the countries health disparities.

Cultural practices, and traditions that elderly South Africans take part in encourage the younger generations to engage in sexual relationships that increase HIV transmission within the population. Particularly, cultural attitudes on intergenerational sexual partners, concurrent sexual partners and forced sexual intercourse are factors that increase HIV transmission, particularly for women. We hope to use the cultural love of soccer to educate girls in South Africa on public health issues, which will give them more control over their bodies and greater knowledge of how to protect themselves from devastating preventable diseases. Furthermore, healthy girls have a better chance of staying in school longer and breaking the cycle of discrimination based on gender. There is also increasing evidence that countries with more educated women have lower rates of gender based violence as well as higher stability and performance.

The goal of this program is to use the South African cultural love of soccer to provide public health education for one of the most vulnerable population in the country: African adolescent girls.

Project Description

The purpose of the program is to educate **one hundred girls**. We will be using soccer as a vehicle to educate and empower young South African girls on issues related to their health. This 50 hours girls program will be taking place during South Africa’s school three-week holiday break. A group of 8-10 Franklin and Marshall women will be traveling to South Africa to launch the all girls program. Prior to their arrival to the field(?) each F&M student volunteer will be working directly with Medical Knowledge Institute (MKI) helping prepare the health materials. MKI is a local public health education center centrally located to the Chris Campbell Memorial field in the township of Khayelitsha, South Africa. By working with MKI we will be able to specifically target direct needs for the people of Khayelitsha to develop an educational program specifically designed for the women and young girls of Khayelitsha. By training the local community leaders through MKI we will be implementing sustainable support to meet educational community needs by using local leaders from MKI and Amandla Edufootball to teach all educational material.

The female leader participants will be trained through MKI within the community to promote and educate members of the township. This will leave a larger overall impact for the field once we leave since female leadership participation is difficult to gather. Through their gained knowledge, educated

participants will spread awareness and education regarding health issues throughout the year. By creating a specific program for girls we will address gender inequalities throughout the community and provide the tools necessary for women to lead their communities public health efforts. This would have an enormous impact on preventative health and on the overall community.

The week following the initiative, evaluations will be completed to improve the programs for the future. By taking surveys, we will set up a structure for the collection of long-term data in order to track the success of the program each year. With this information, we will be able to measure the ongoing success of the programs and where change needs to be implemented in order to keep it sustainable. We hope that by creating an all girls program we will establish the key component to the overall purpose of the 100 Goals for Peace program, and allow for local leaders to carry on this program to improve their own community.

Personal Experience

We both have a passion and love for South Africa and have both traveled to South Africa previously:

Morgan Reed: Two summers ago I had the privilege of traveling to South Africa through a program called Global Leadership Adventures, which engages high school students in service learning projects around the globe. My time in South Africa was split between service in an after school program in Soweto known as Kliptown and a secondary school called Moletsane. Working and interacting with the leaders of such a well structured, successful program taught me the values of innovation, perseverance and organization. I witnessed firsthand the discrepancies and opportunities for women and am eager to promote health habits and education for girls in South Africa.

Rebecca Green: Last summer I volunteered with the ONE Goal program. The first day we went to Khayelitsha I saw townships stretching for miles on both sides of the highway and I realized I was in a completely different reality. Before working with the field directly, it was easy to look at impoverished communities and talk about the suffering and poverty, yet stepping onto the field and working with the participants everything changes. I was able to share the hope that is spread throughout every person that comes to the Chris Campbell Memorial soccer field every day by making sustainable and impactful change. Each child showed me a different perspective on the meaning of community, hard work, and sacrifice. Throughout the duration of the ONE Goal program, girls of all ages showed up to play, yet, because of the negative stigma embedded in many of the young boys, often times the girls were forced to sit on the sidelines to watch while the boys played. After spending three weeks with participants and facilitators I knew that a program dedicated to inspiring these young girls to participate and reap the benefits of health education and soccer would be extremely beneficial. By allowing all of the children to play together, the girls would not only look at themselves as equal to their male counterparts, but would work to break down gender-based barriers that prohibit girls from receiving the same opportunities that the boys did. They had the power to initiate change for themselves and for future generations of women.

Measurable Impact:

The measurable impact will be assessed by the amount of new knowledge gained (comparison of pre and post surveys), retention of participants, the increase of female participants associated with the soccer field, and through the development and retention of a newly developed women's league that will focus on health through sports education throughout the year.

Why Project for Peace

Educating girls in South Africa about public health will promote peace by empowering them to be in control of their bodies and minds and make informed decisions. Girls who are aware of the dangers they face in terms of health and health awareness are far more likely to address these threats in a way that protects themselves and those around them. Simple changes can have a large impact on the way they value themselves, which will in turn produce strong, confident leaders who can empower others. Powerful young women are key to bridging the gender gap, ending the cycle of gender-based violence and creating peace in a tumultuous society where education has the power to transform society.

"If you educate a man you educate an individual, if you educate a woman you educate a community" - African Proverb