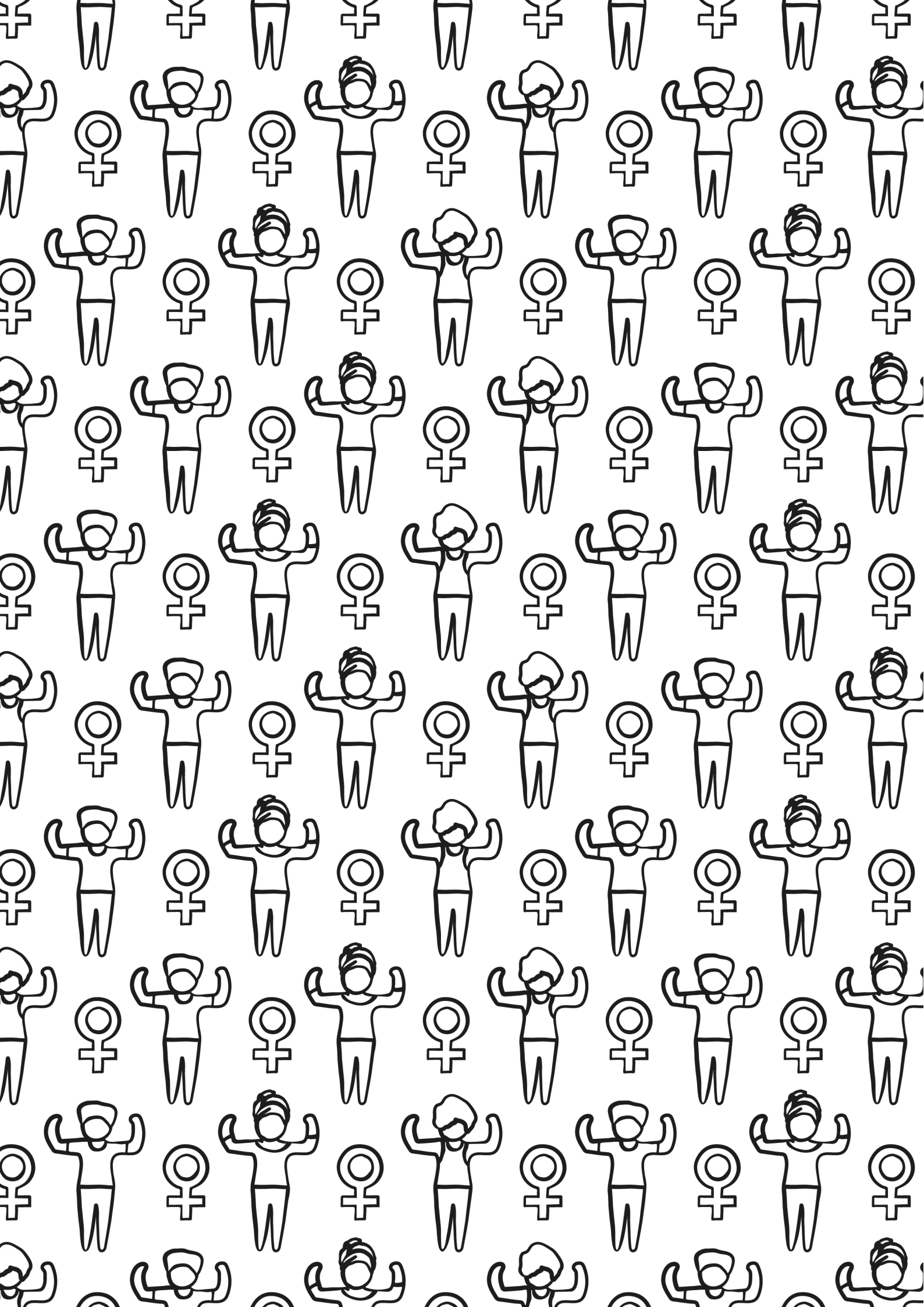


GOAL COMIC BOOK



futuremakers
by Standard Chartered







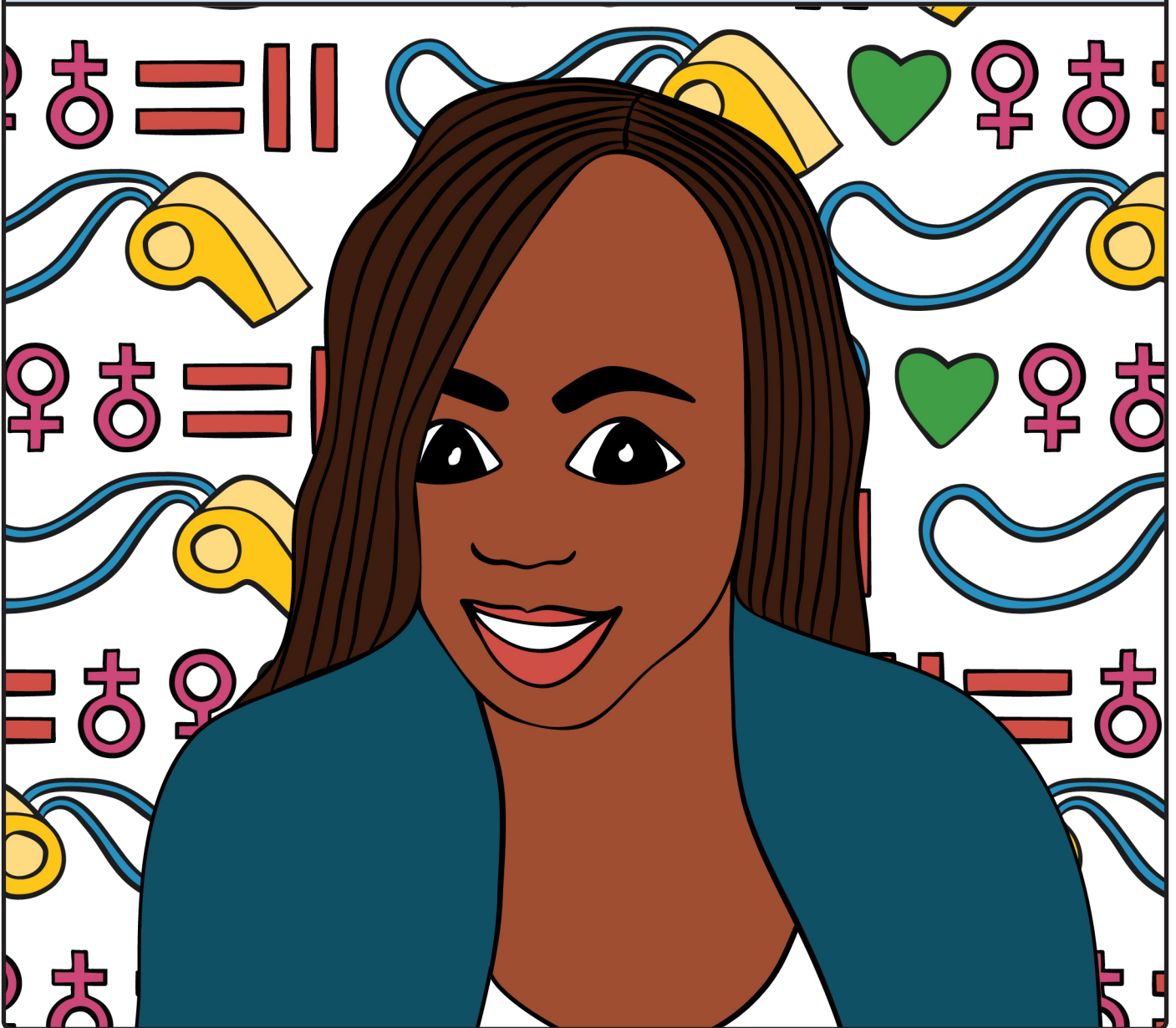
PLEASE NOTE THAT THESE STORIES DISCUSS SENSITIVE ISSUES SUCH AS ABUSE AND HARASSMENT. IF YOU ARE LIVING WITH ANY SIMILAR EXPERIENCES TO THE CHARACTERS IN THE STORIES, PLEASE CONTACT YOUR GOAL COACH WHO CAN ADVISE YOU ON HOW TO ACCESS SUPPORT.

ABOUT THE STORYTELLER

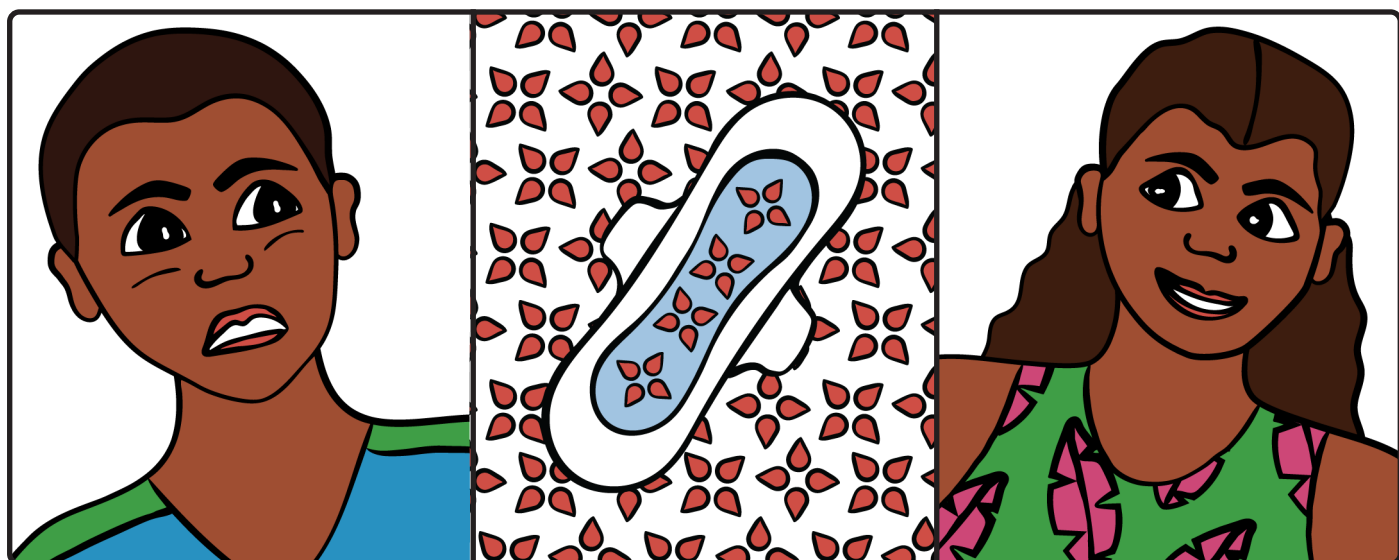
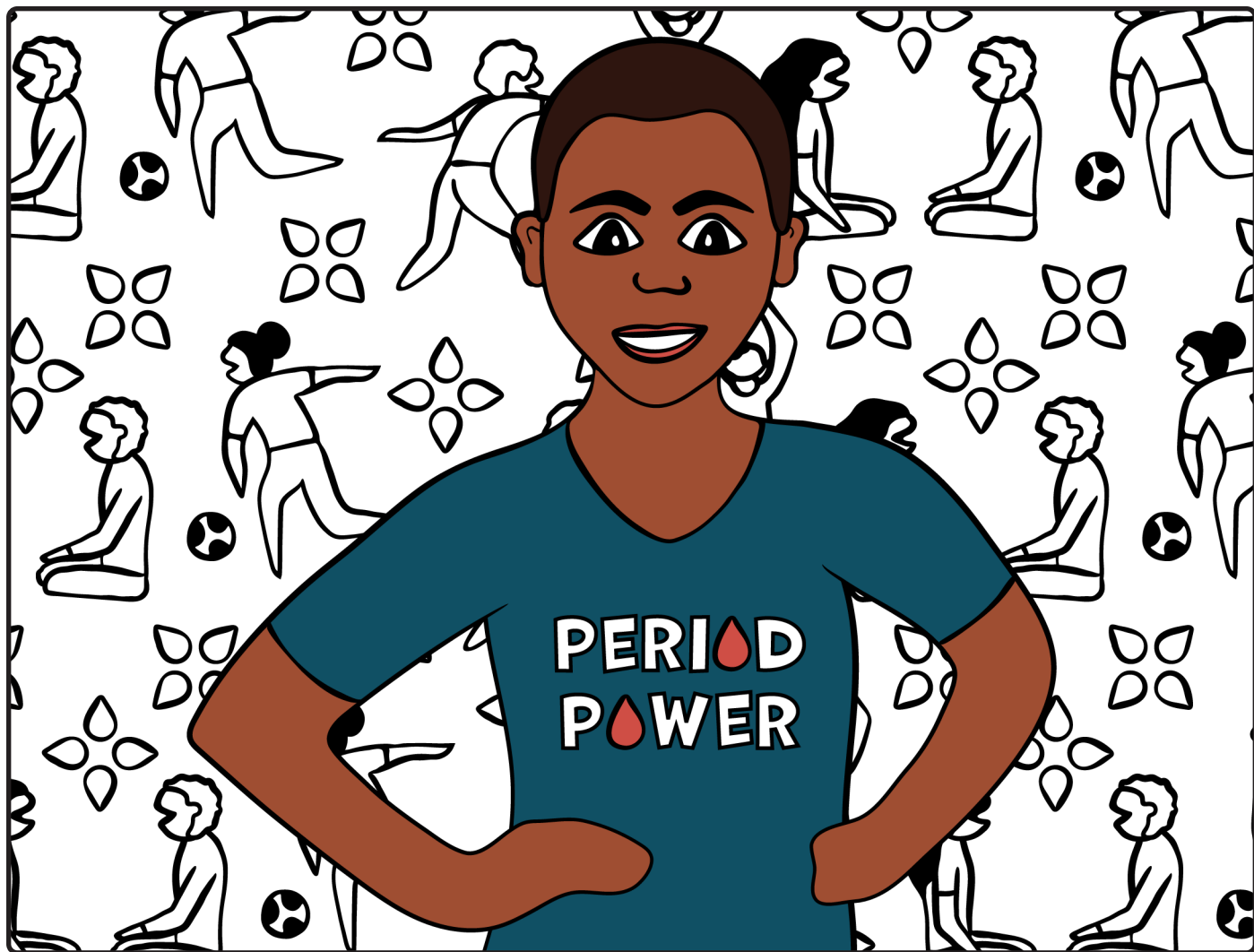
MY NAME IS WINNIE ABIGAEL ANDEYO AND I AM FROM NAIROBI, KENYA. I ENJOY SPENDING TIME WITH MY FAMILY AND FRIENDS, SOCIALIZING, READING, TRAVELING, HIKING, CAMPING, A BIT OF WRITING, AMONG OTHER THINGS.

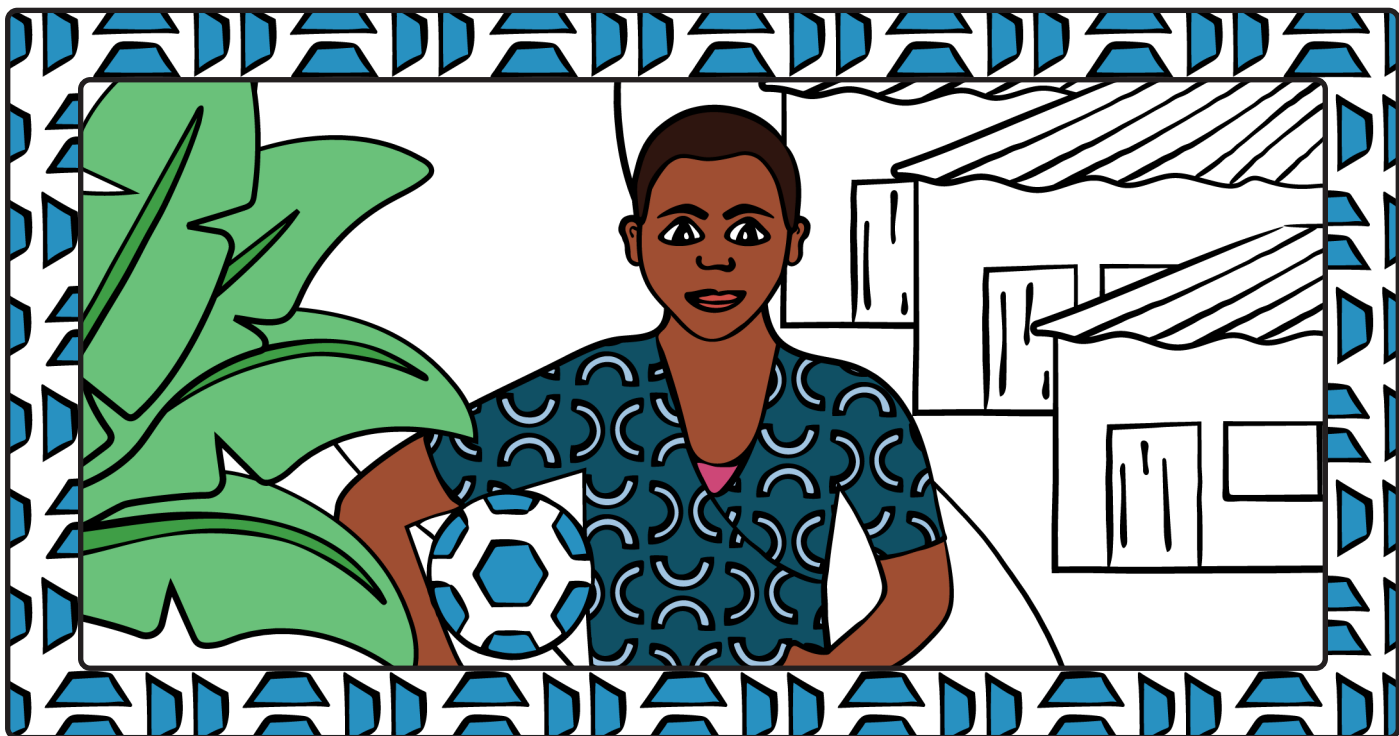
I JOINED VIJANA AMANI PAMOJA (VAP) IN 2011 AS A VOLUNTEER, I LATER ON BECAME A PEER EDUCATOR/COACH AT THE ORGANIZATION WHERE MY TASK WAS TO IMPLEMENT THE DIFFERENT PROGRAMMES WE HAVE IN THE ORGANIZATION. NOW I AM THE GOAL PROGRAMME OFFICER.

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.

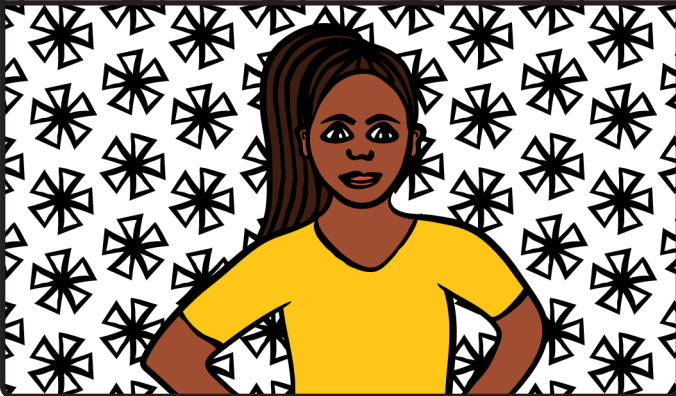
ZAWADI'S LIFE IS ABOUT TO BECOME A BIT MORE COMPLICATED AS SHE GETS HER PERIODS FOR THE VERY FIRST TIME AND IS BAFFLED BY THIS NEW DISCOVERY. SHE'S LEFT WITH A LOT OF CONFUSION NOT KNOWING WHERE TO TURN TO FOR HELP AND GET THE CORRECT INFORMATION TO HELP HER THROUGH THIS EXPERIENCE.

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.

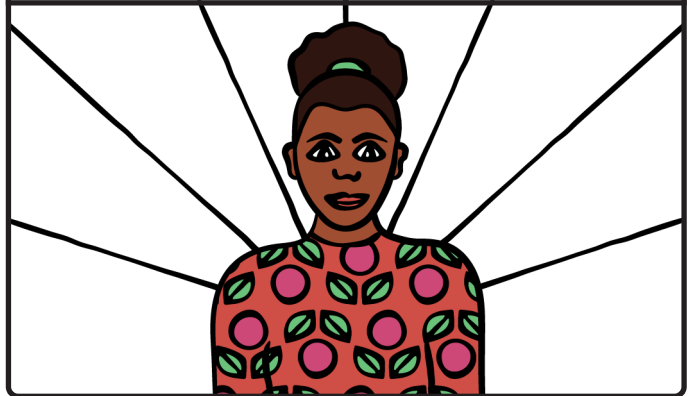
FURAHA

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.

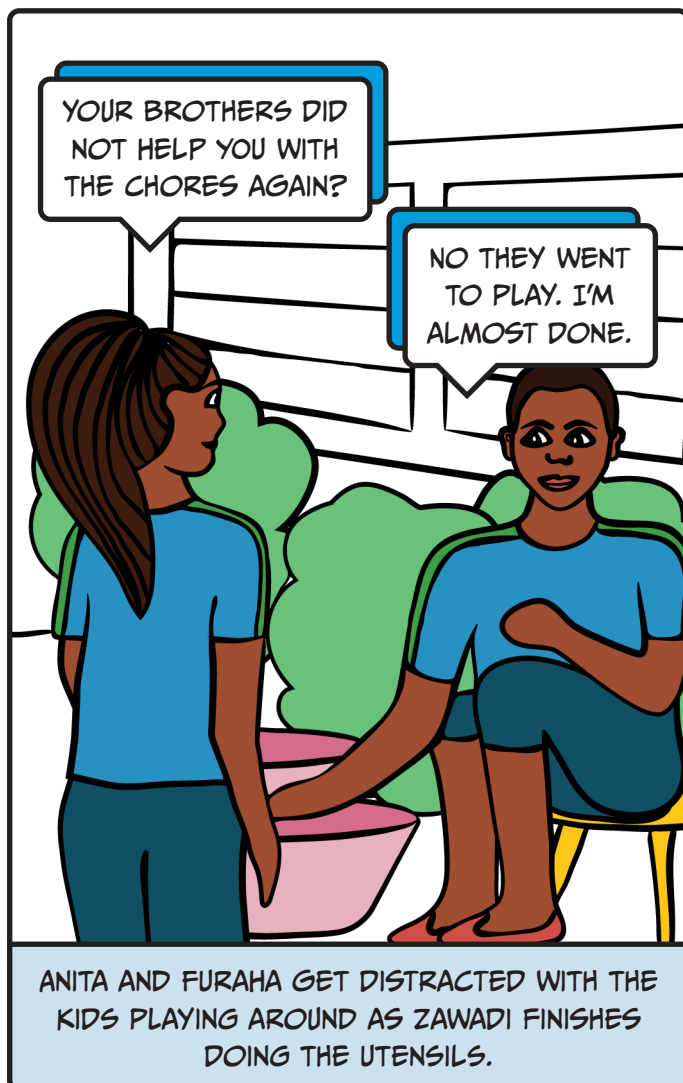


SIFA

A COMMUNITY HEALTH WORKER WHO IS PASSIONATE ABOUT SUPPORTING THE PEOPLE IN THE COMMUNITY IN ANY WAY SHE CAN.

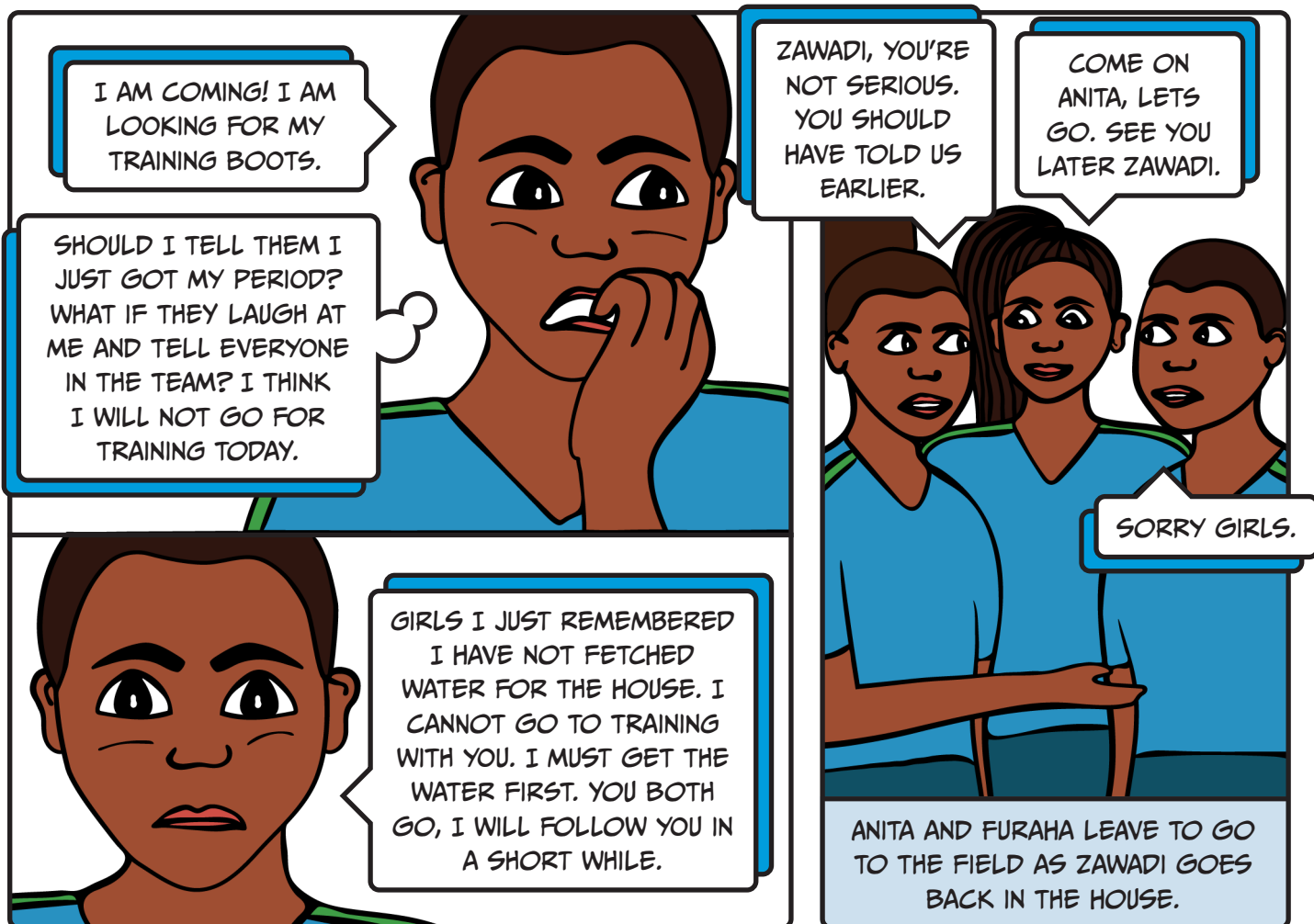


SEATED OUTSIDE HER HOME ON A THREE LEGGED STOOL, ZAWADI POURS WATER IN TWO SMALL BASINS. SHE RUSHES TO FINISH WASHING THE UTENSILS BEFORE HER FRIENDS COME FOR HER SO THAT THEY CAN GO FOR THEIR FOOTBALL TRAINING THAT DAY. AROUND HER, KIDS ARE PLAYING ALL SORTS OF GAMES; SOME ARE CHASING EACH OTHER AROUND, 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.

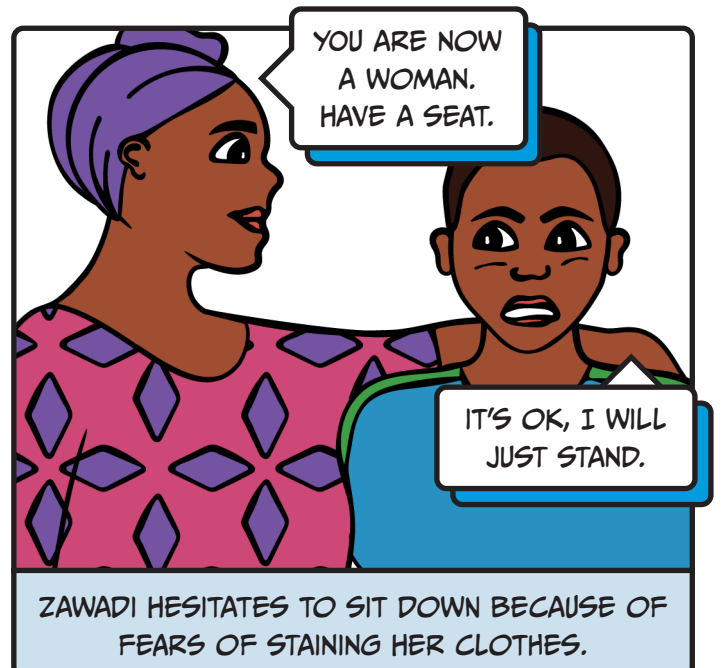
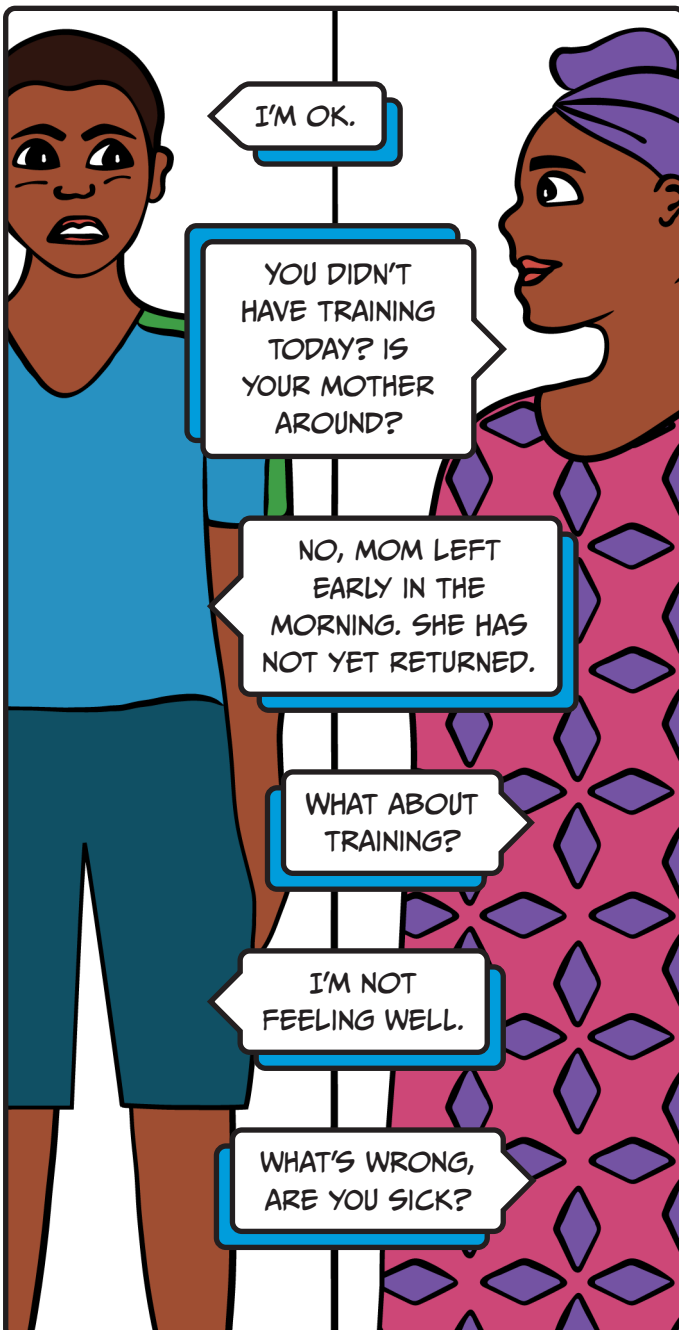
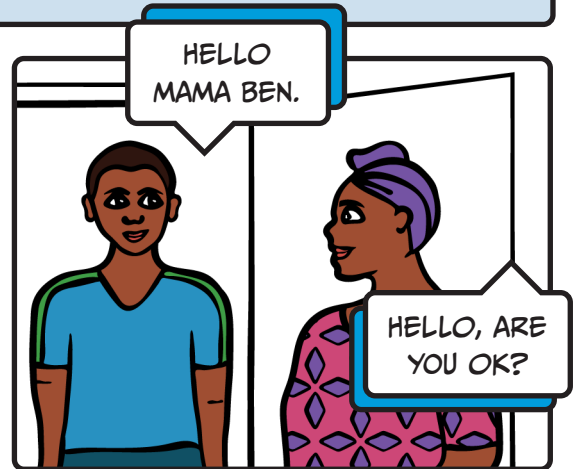
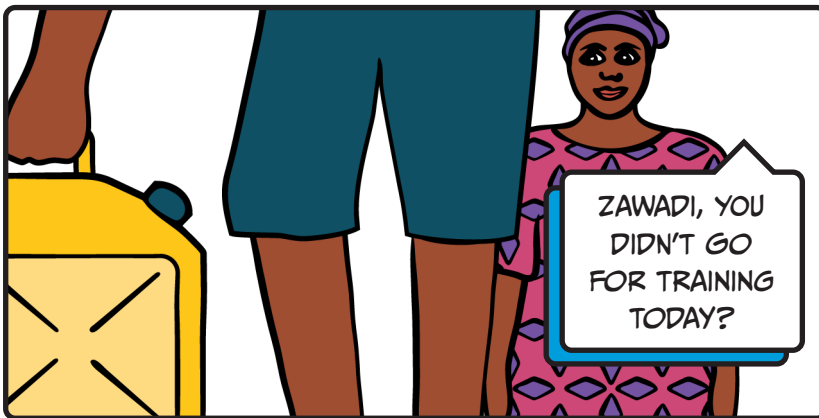


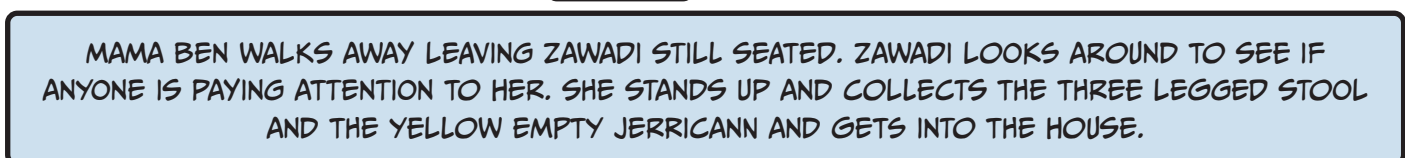
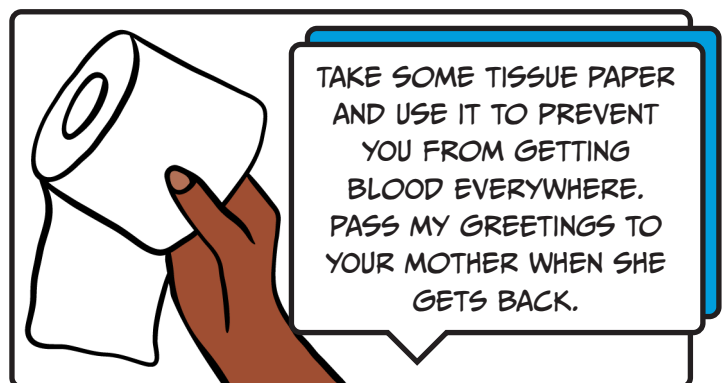
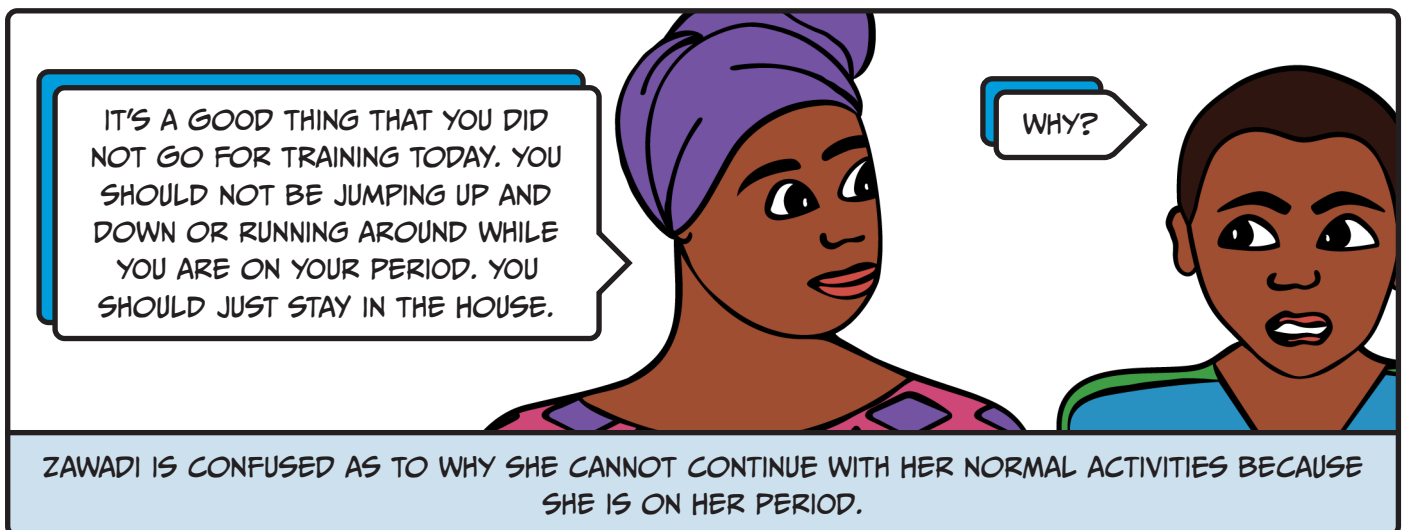
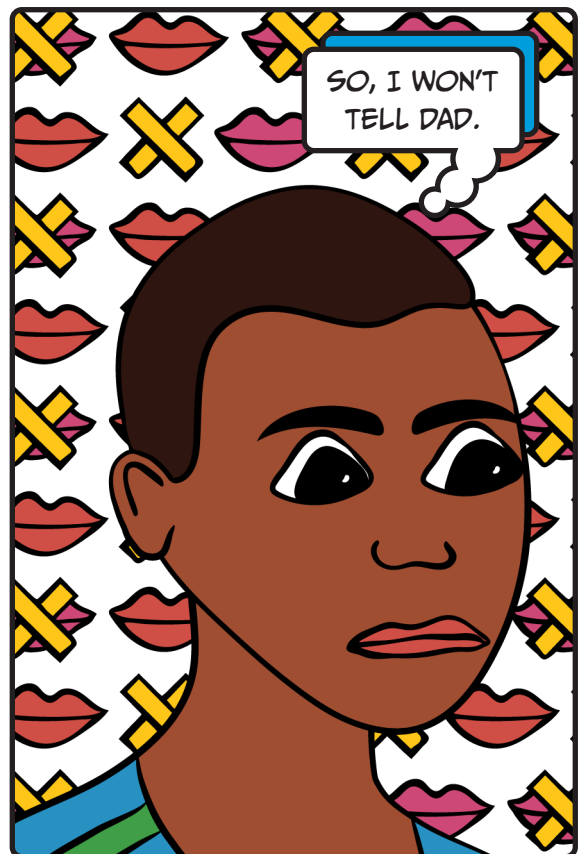
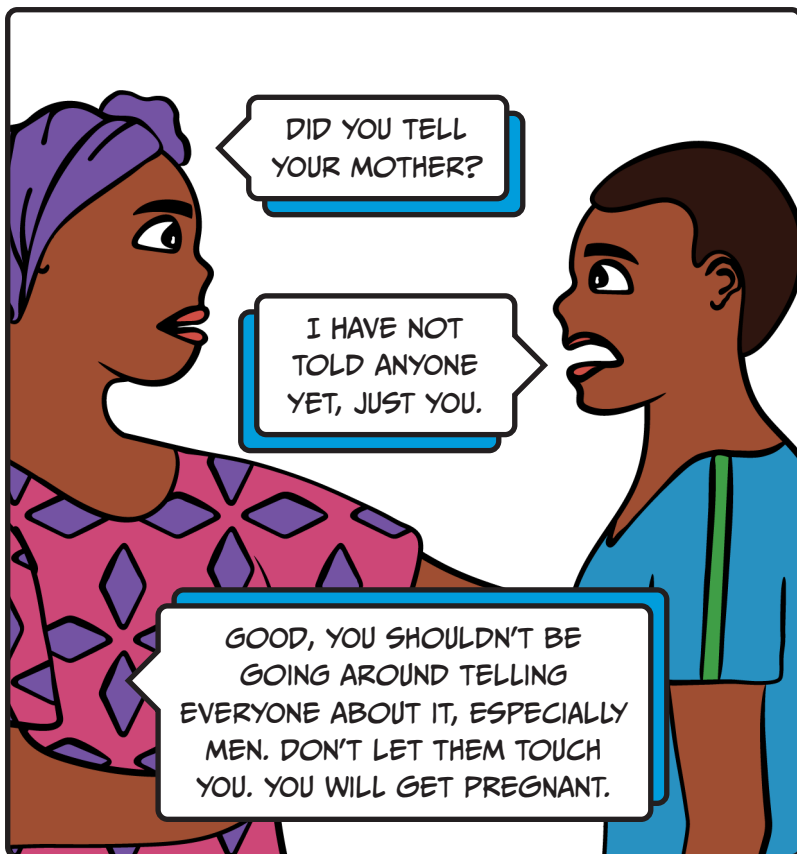
AS ZAWADI STOOD UP FROM THE THREE-LEGGED CHAIR TO TAKE THE UTENSILS SHE HAD WASHED IN THE HOUSE, SHE FELT SOMETHING WET IN HER PANTIES. SHE ENTERED THE HOUSE AND DECIDED TO CHECK WHY HER PANTIES WERE WET.

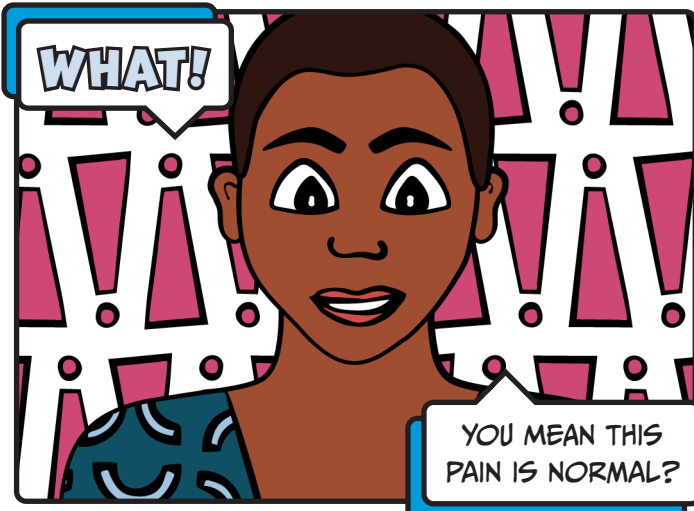
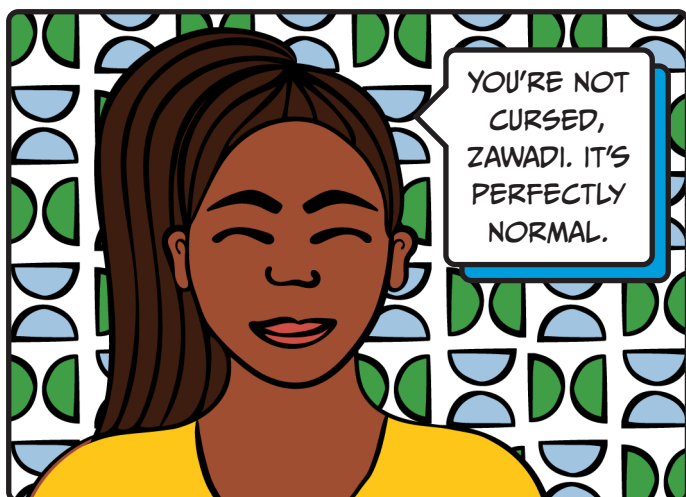
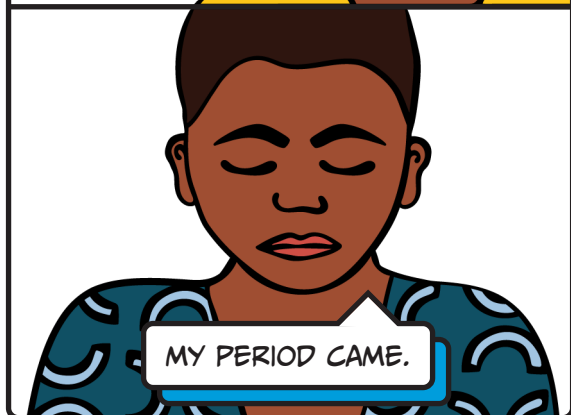
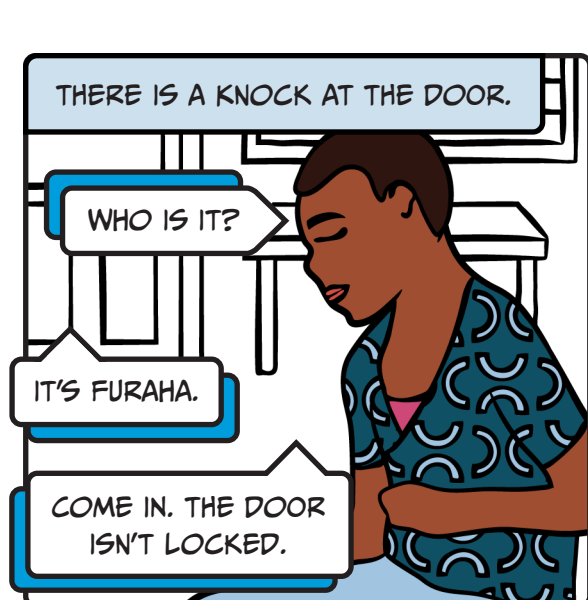


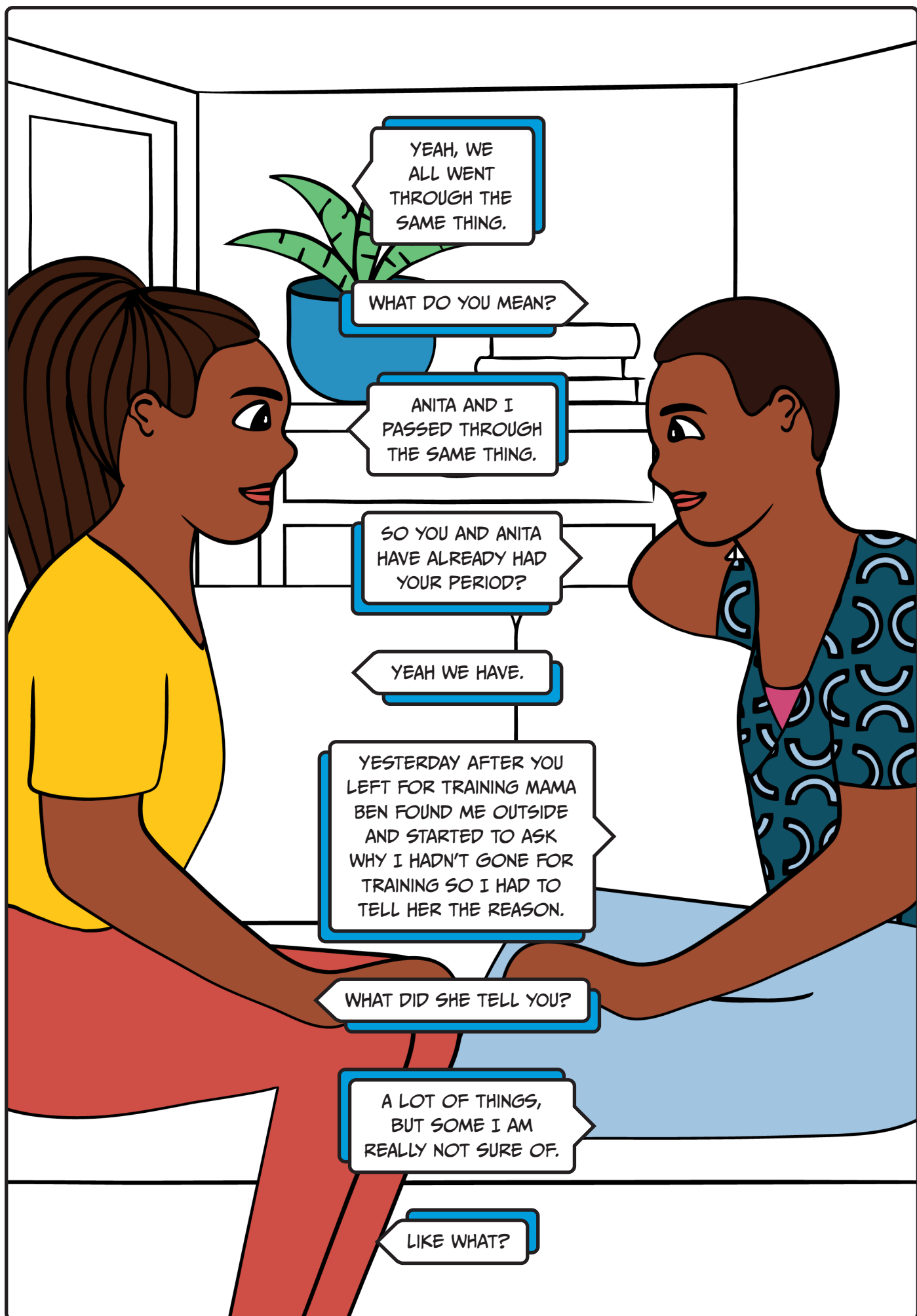


ZAWADI WALKS OUT OF THE HOUSE TO GO AND COLLECT THE THREE-LEGGED STOOL SHE WAS SITTING ON WHILE SHE WAS WASHING THE UTENSILS AND THE YELLOW JERRICAN OF WATER WHICH IS NOW EMPTY. KIDS ARE STILL AROUND PLAYING THEIR GAMES. AS ZAWADI BENDS OVER TO COLLECT THE ITEMS TO TAKE TO THE HOUSE, SHE HEARS A VOICE SLIGHTLY FAR AWAY FROM WHERE SHE IS.









YEAH, WE
ALL WENT
THROUGH THE
SAME THING.

WHAT DO YOU MEAN?

ANITA AND I
PASSED THROUGH
THE SAME THING.

SO YOU AND ANITA
HAVE ALREADY HAD
YOUR PERIOD?

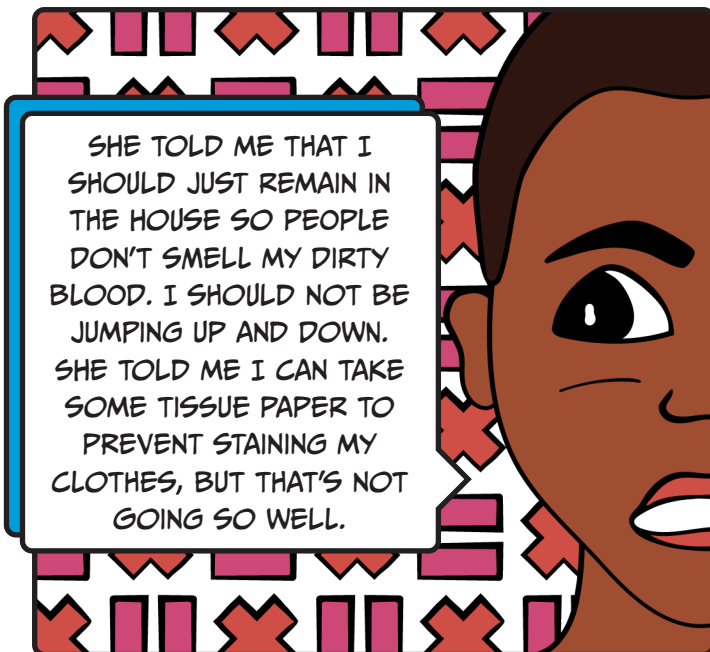
YEAH WE HAVE.

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.

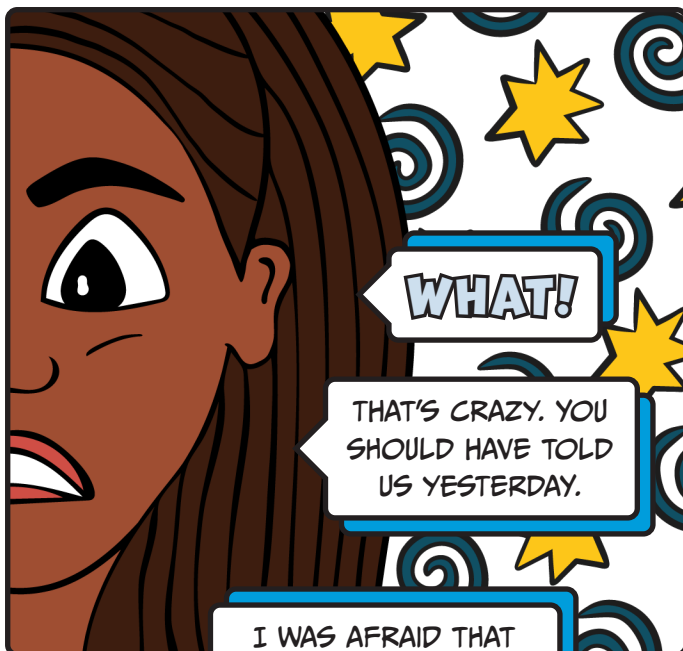
WHAT DID SHE TELL YOU?

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.



WHAT!

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.

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.

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.

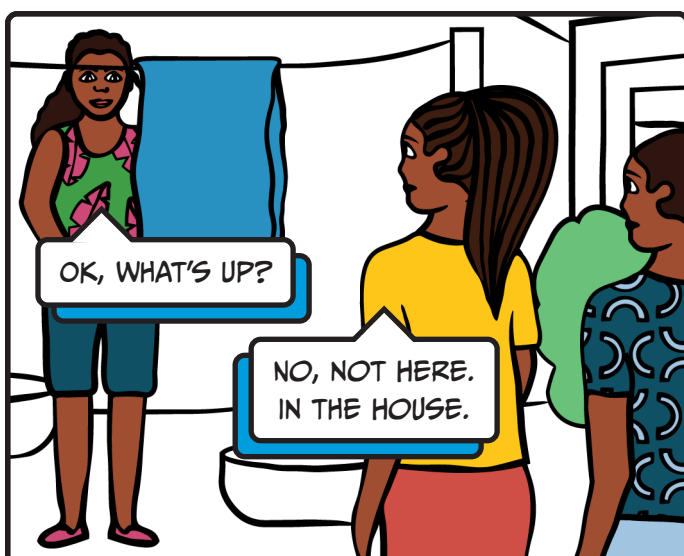
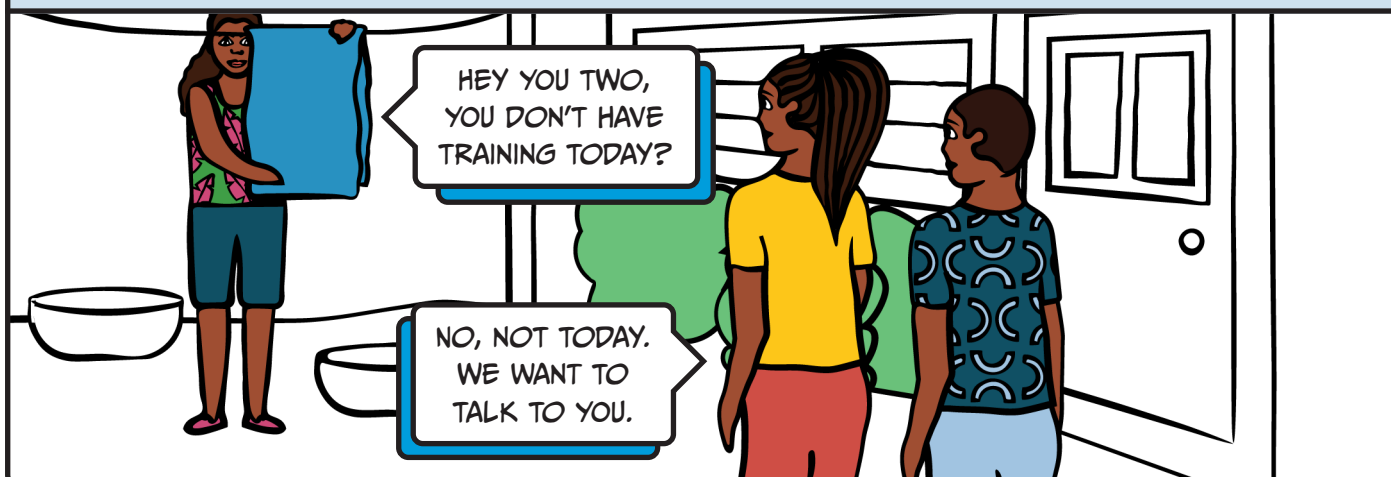


THERE IS NO REASON THAT YOU SHOULD NOT PARTICIPATE IN YOUR REGULAR ACTIVITIES.

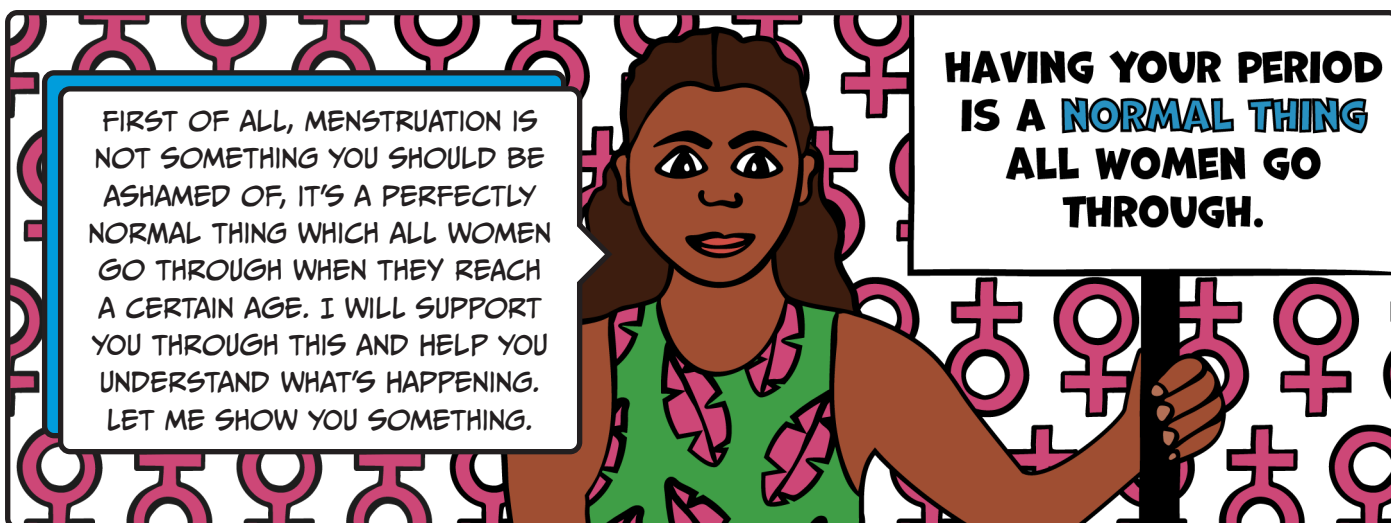


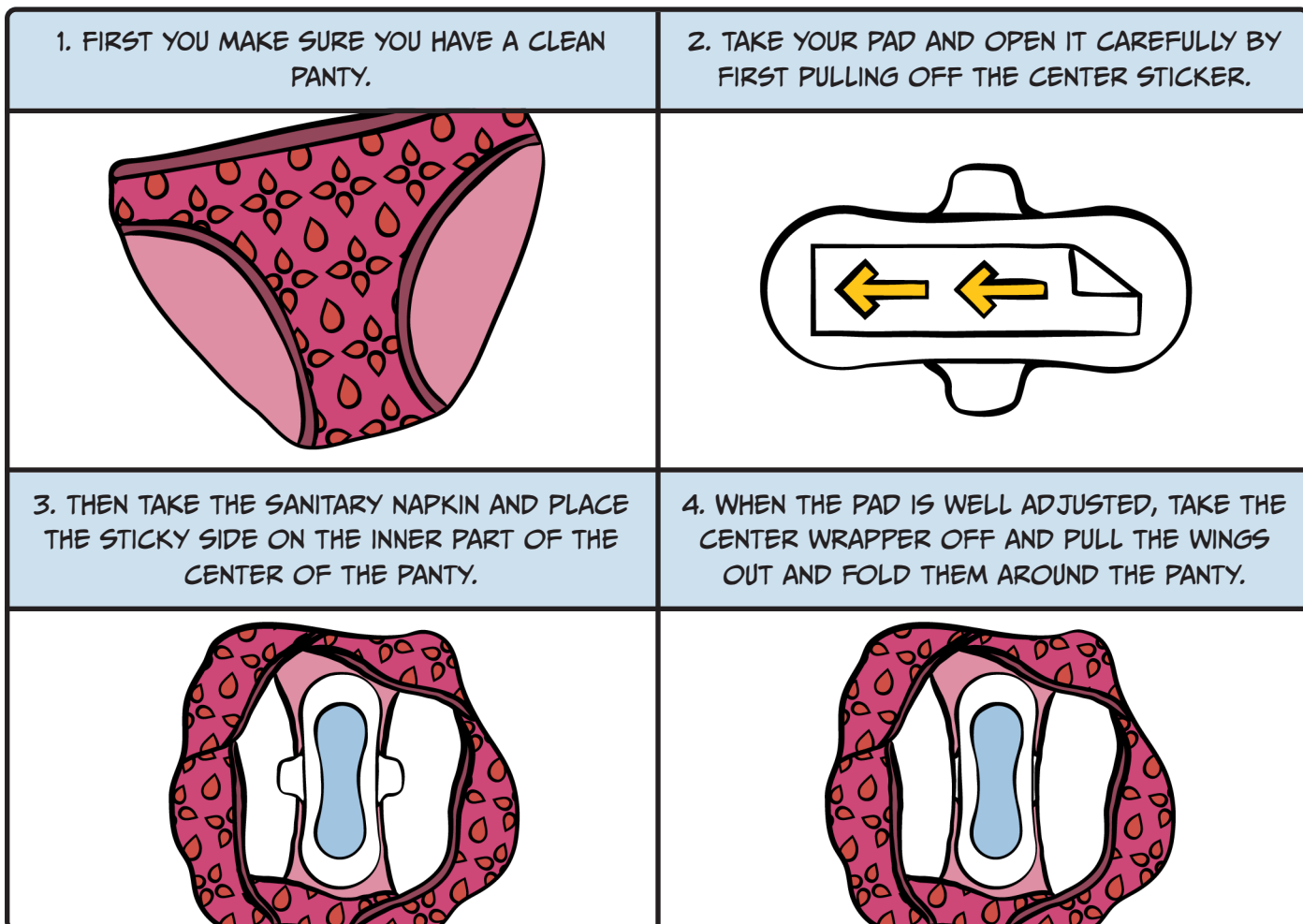
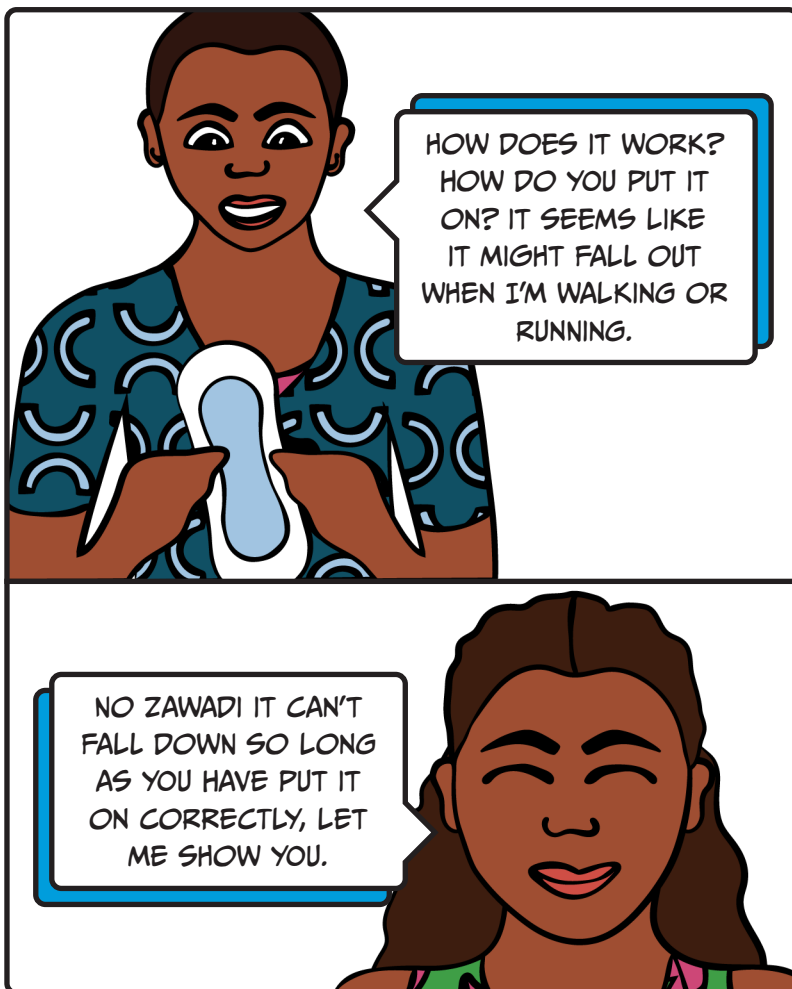
THERE ARE DIFFERENT MENSTRUAL PRODUCTS YOU CAN USE TO STAY CLEAN AND HYGIENIC.

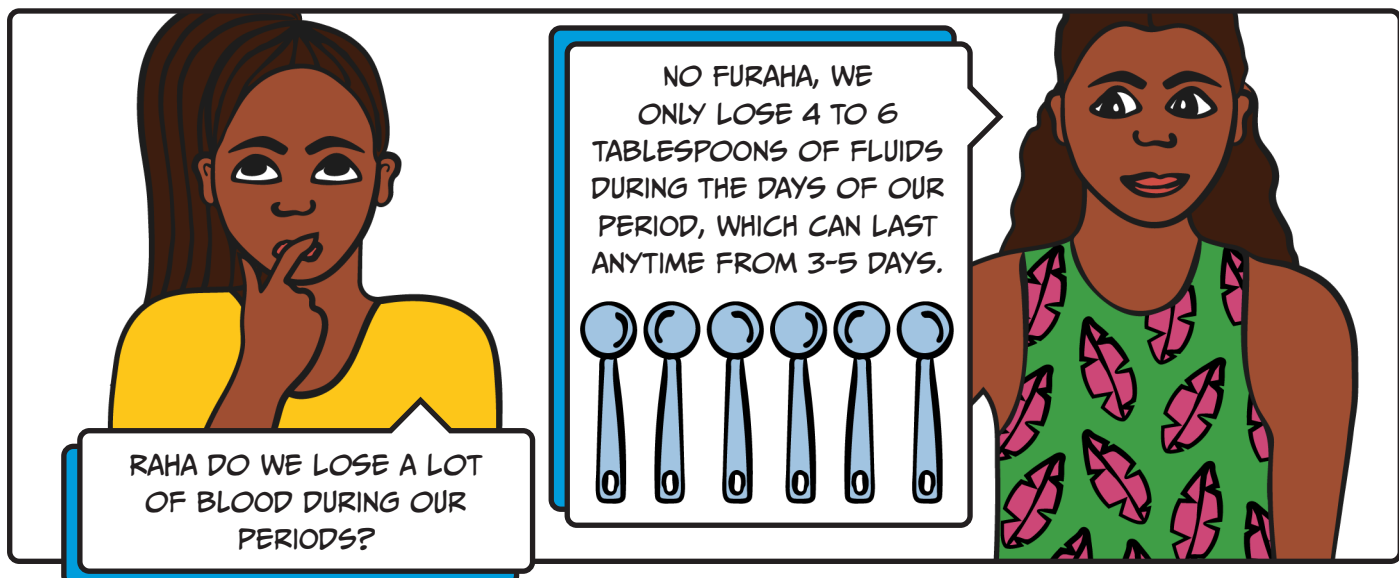
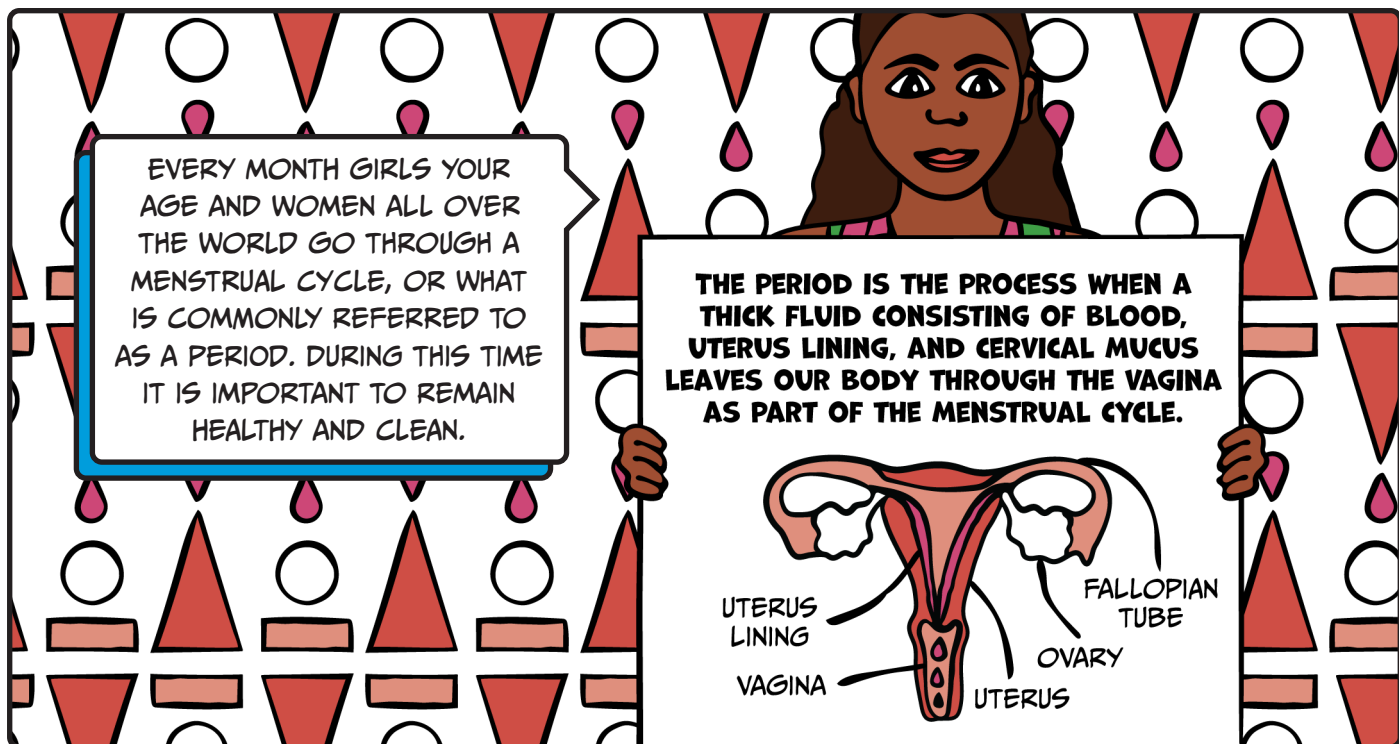
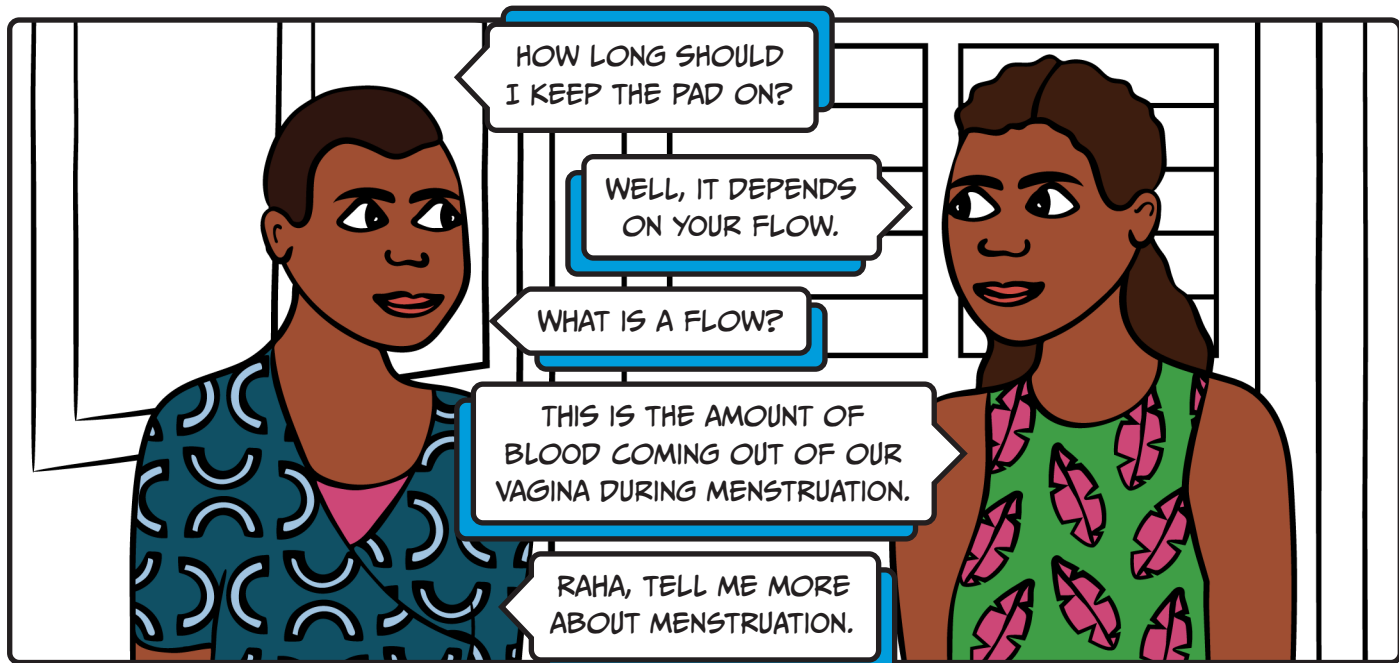
ZAWADI AND FURAHA WALK TOWARDS FURAHA'S HOME. OUTSIDE THERE ARE BASINS FILLED WITH WATER AND SEVERAL JERRICANS OF WATER. RAHA, FURAHA'S SISTER IS HANGING CLOTHES ON THE CLOTHING LINE TO DRY.

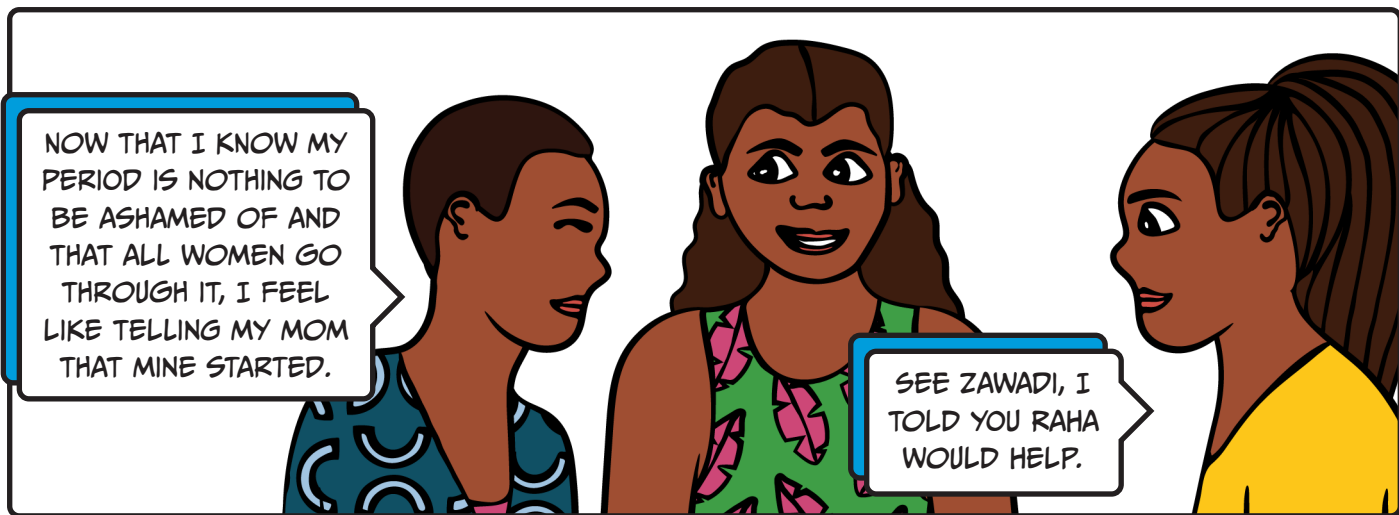


ZAWADI HELPS FURAHA TO CARRY THE JERRICANS AND THE BASINS IN THE HOUSE AND WAITS FOR RAHA. IN THE HOUSE ZAWADI AND FURAHA ARE SEATED LISTENING TO THE RADIO AS THEY SPEAK IN LOW TONES. RAHA ENTERS THE ROOM.







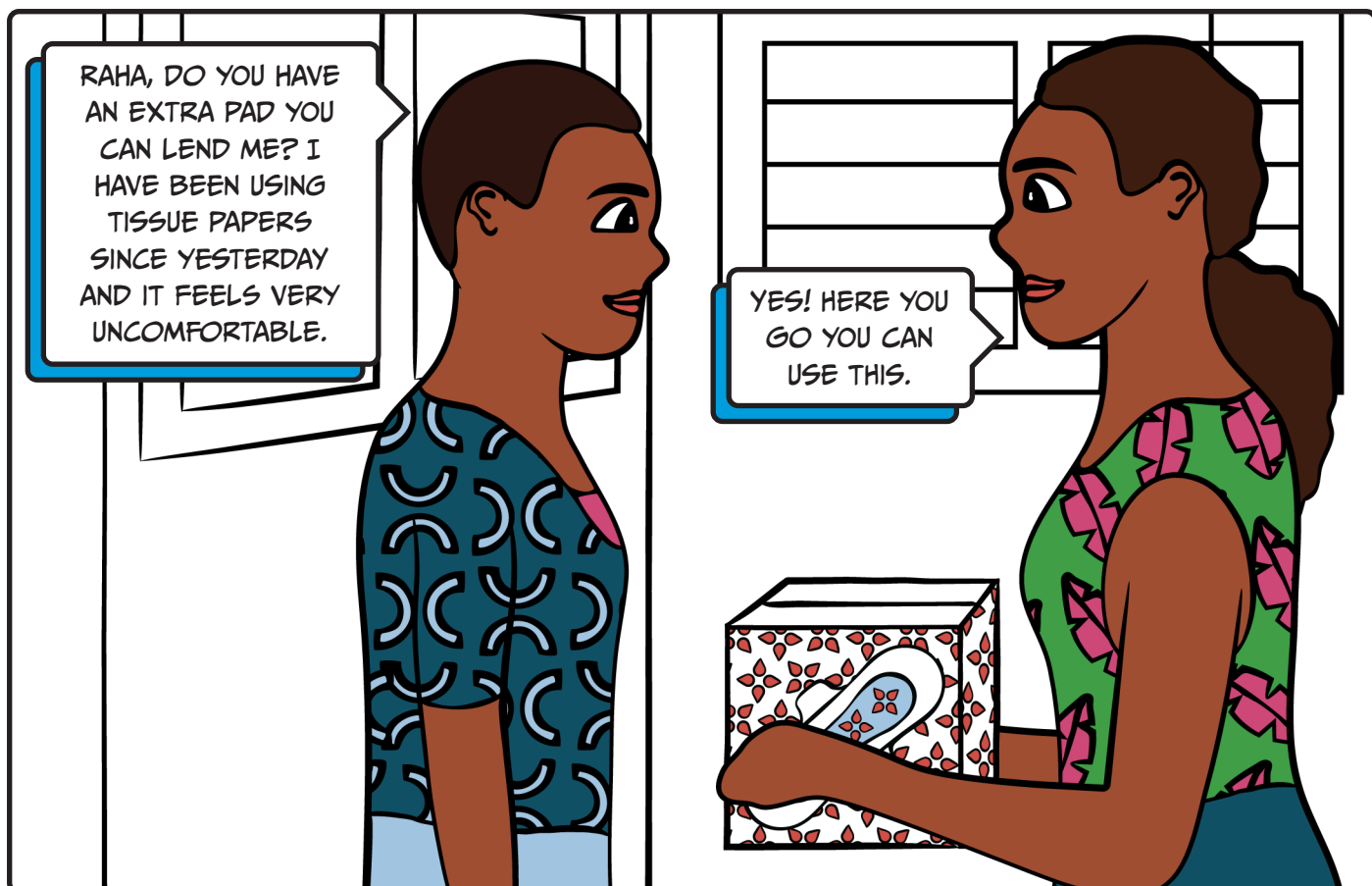


BEFORE YOU GET ALL EXCITED LET ME SHOW YOU HOW TO CHANGE A USED SANITARY NAPKIN.

WHEN THE PAD IS FULL THIS IS HOW YOU REMOVE IT.



<p>1. FOLD THE WINGS INWARD CAREFULLY SO THAT YOU DON'T GET YOUR FINGERS DIRTY AND ROLL UP THE USED PAD.</p>	<p>2. USE THE WRAPPER OF YOUR NEXT CLEAN PAD THAT YOU ARE GOING TO CHANGE INTO AND WRAP THE DIRTY PAD WITH IT.</p>
<p>3. THEN, DISPOSE IT IN A DUSTBIN OR IN A PIT LATRINE.</p>	<p>4. MAKE SURE YOU WASH YOUR HANDS BEFORE AND AFTER CHANGING THE PAD.</p>



HOW TO MAKE A REUSEABLE SANITARY NAPKIN

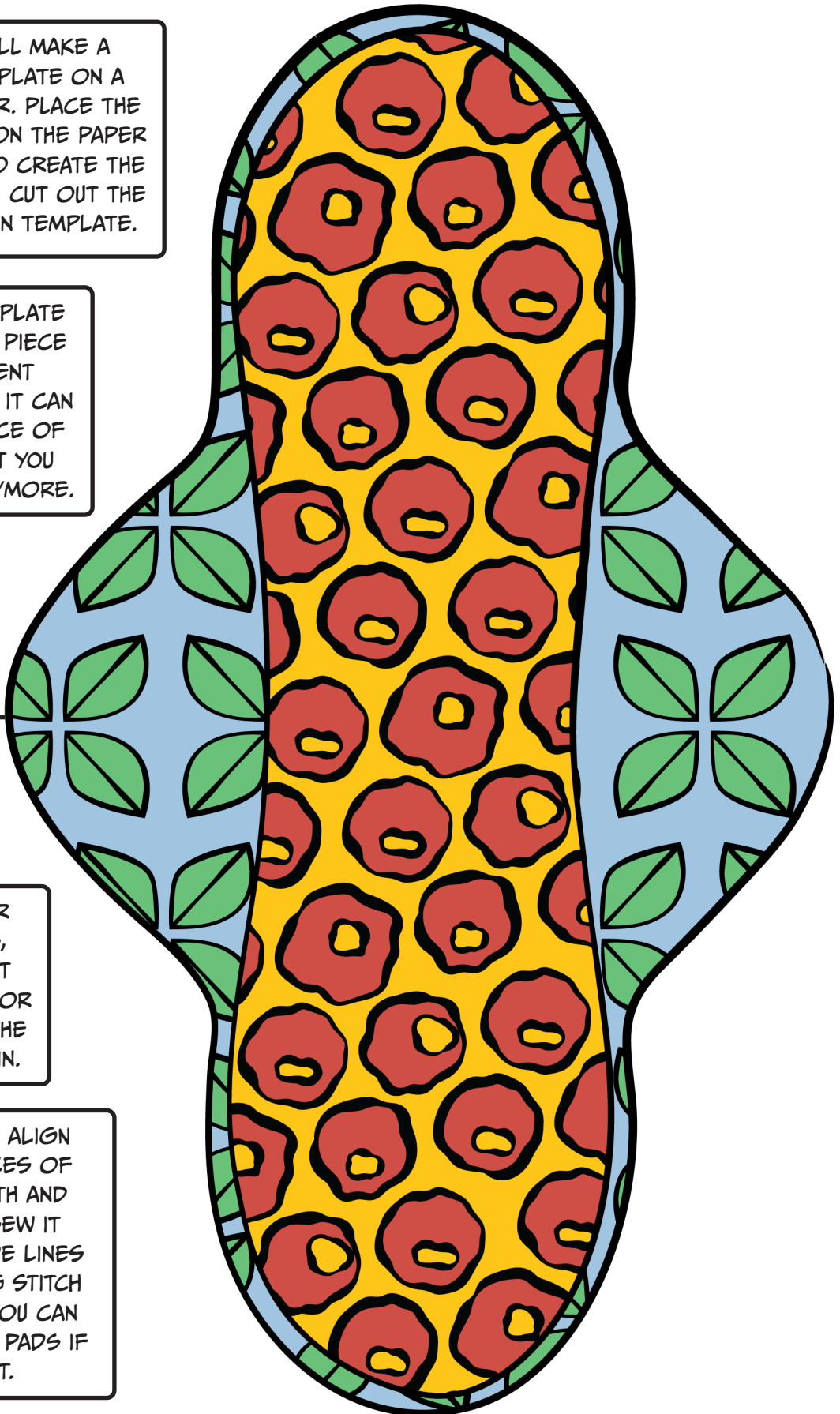
1. FIRST, I WILL MAKE A
SANITARY TEMPLATE ON A
PIECE OF PAPER. PLACE THE
TEMPLATE PAD ON THE PAPER
AND TRACE IT TO CREATE THE
DESIRED SHAPE. CUT OUT THE
SANITARY NAPKIN TEMPLATE.

2. LAY THE TEMPLATE
ON TO A CLEAN PIECE
OF ADSORBENT
COTTON CLOTH. IT CAN
BE AN OLD PIECE OF
CLOTHING THAT YOU
DON'T WEAR ANYMORE.

USE THIS AS A
TEMPLATE

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.



THIS PAD IS REUSEABLE. WHEN CLEANING, WASH IT SEPARATELY FROM YOUR CLOTHES.

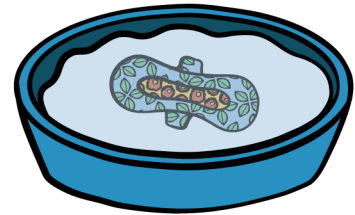
DO WE DISPOSE IT AFTER USING?

NO ZAWADI. THIS IS A REUSABLE PAD MEANING YOU CAN WASH IT AND USE IT AGAIN.

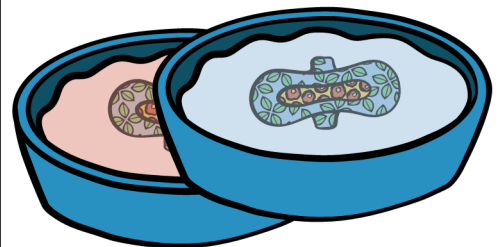
DO WE WASH IT THE WAY WE NORMALLY WASH OUR CLOTHES?

WE'LL NOT REALLY. YOU CAN'T WASH IT TOGETHER WITH YOUR CLOTHES, YOU MUST WASH IT SEPARATELY.

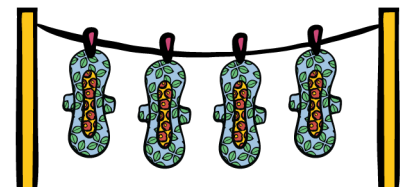
HOW TO CLEAN YOUR REUSEABLE PAD



1. FIRST YOU SOAK IT IN COLD WATER TO REMOVE THE BLOOD FROM THE MATERIAL. DON'T USE HOT WATER.

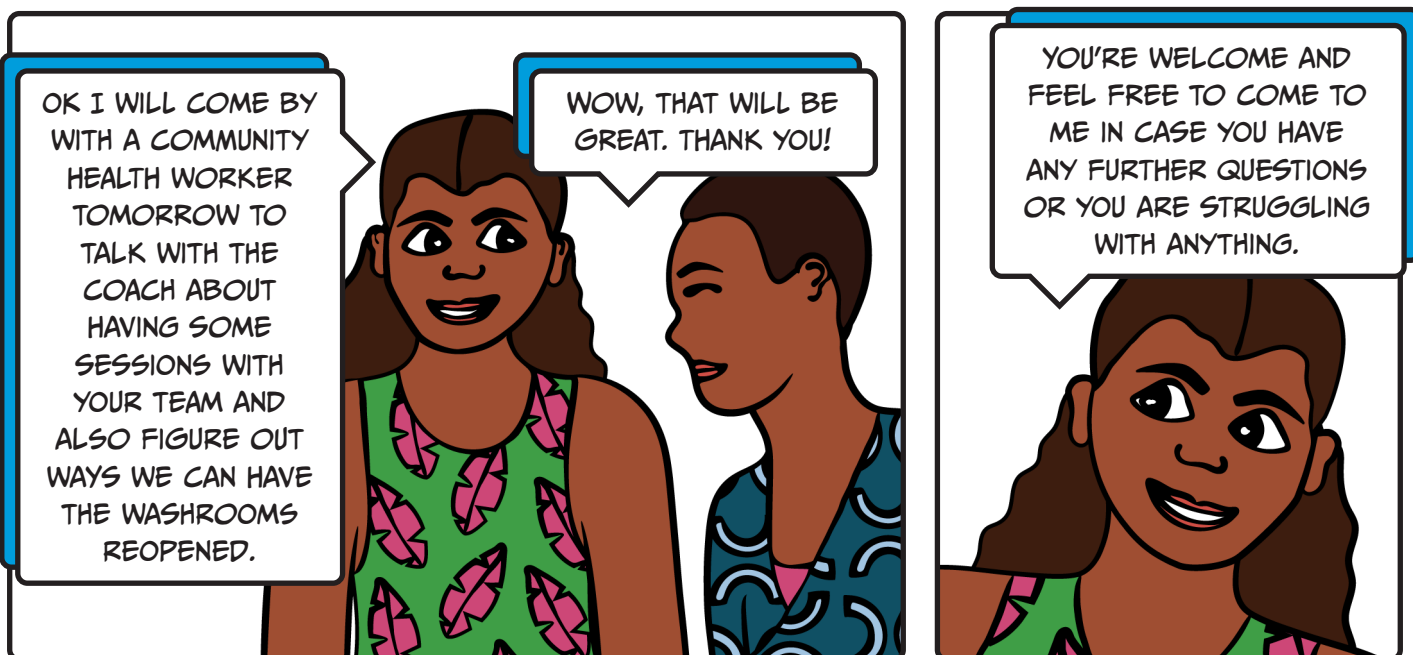
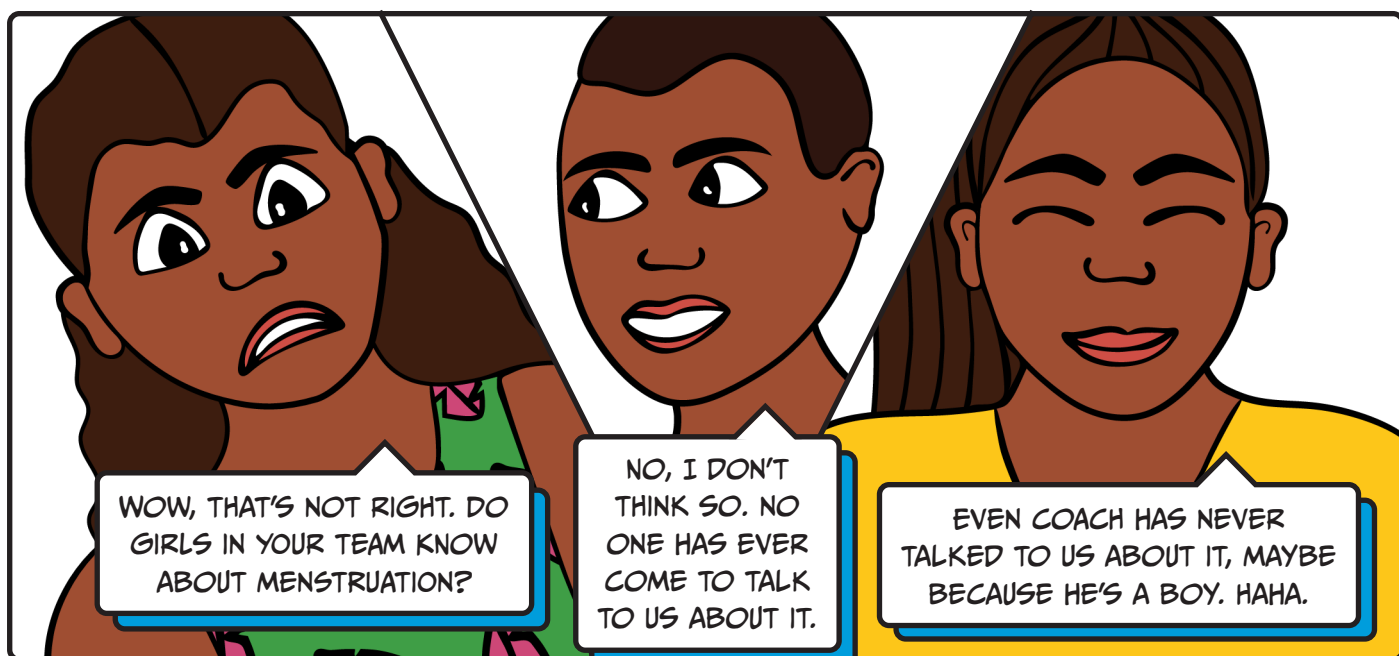
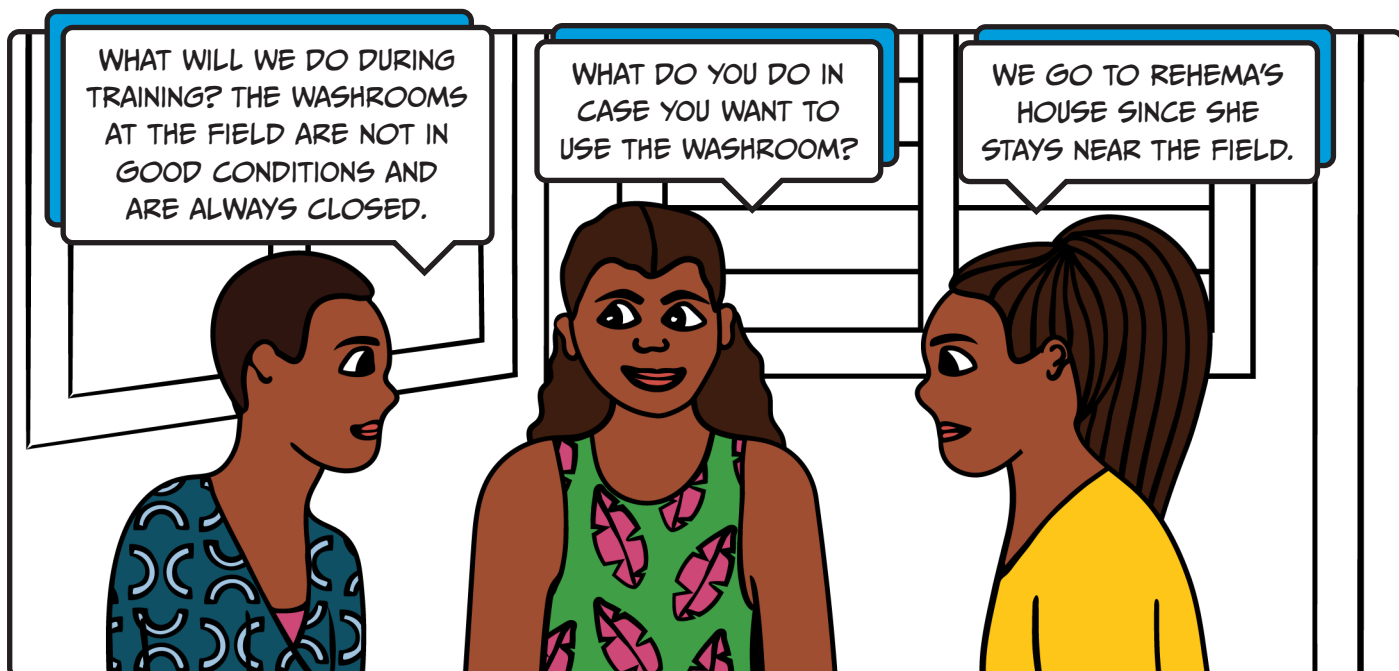


2. RINSE UNTIL THE COLD WATER IS CLEAR THEN WASH WITH A NON-PERFUMED BAR OF SOAP.

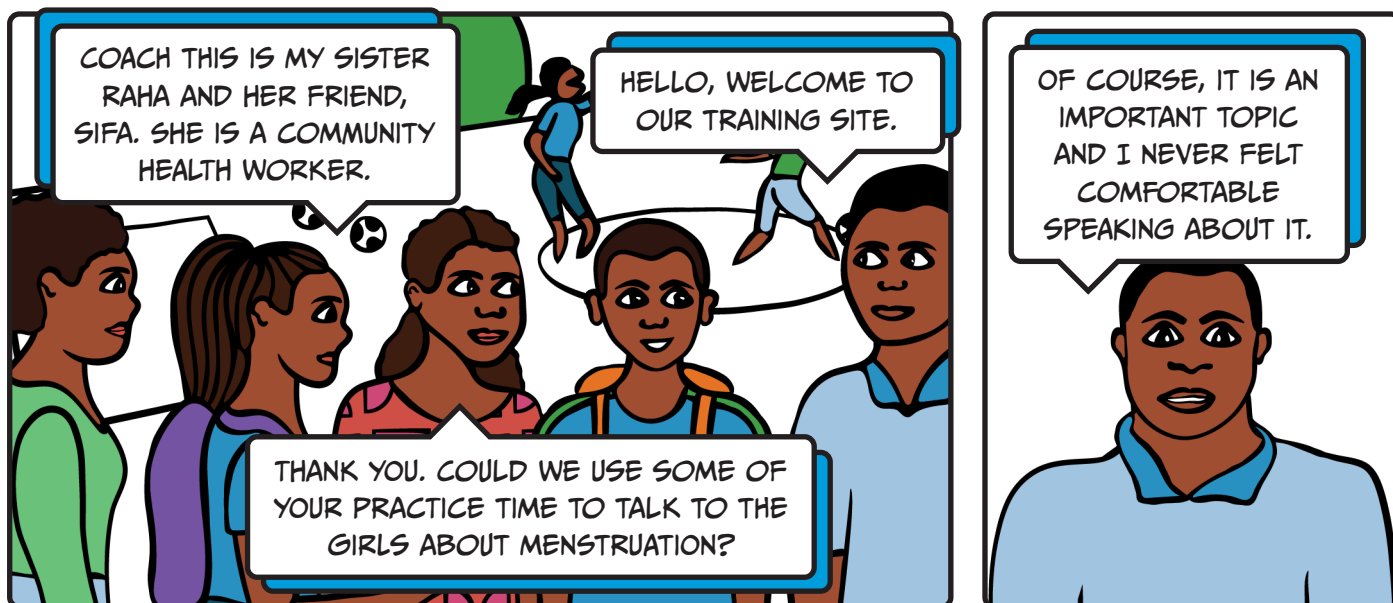


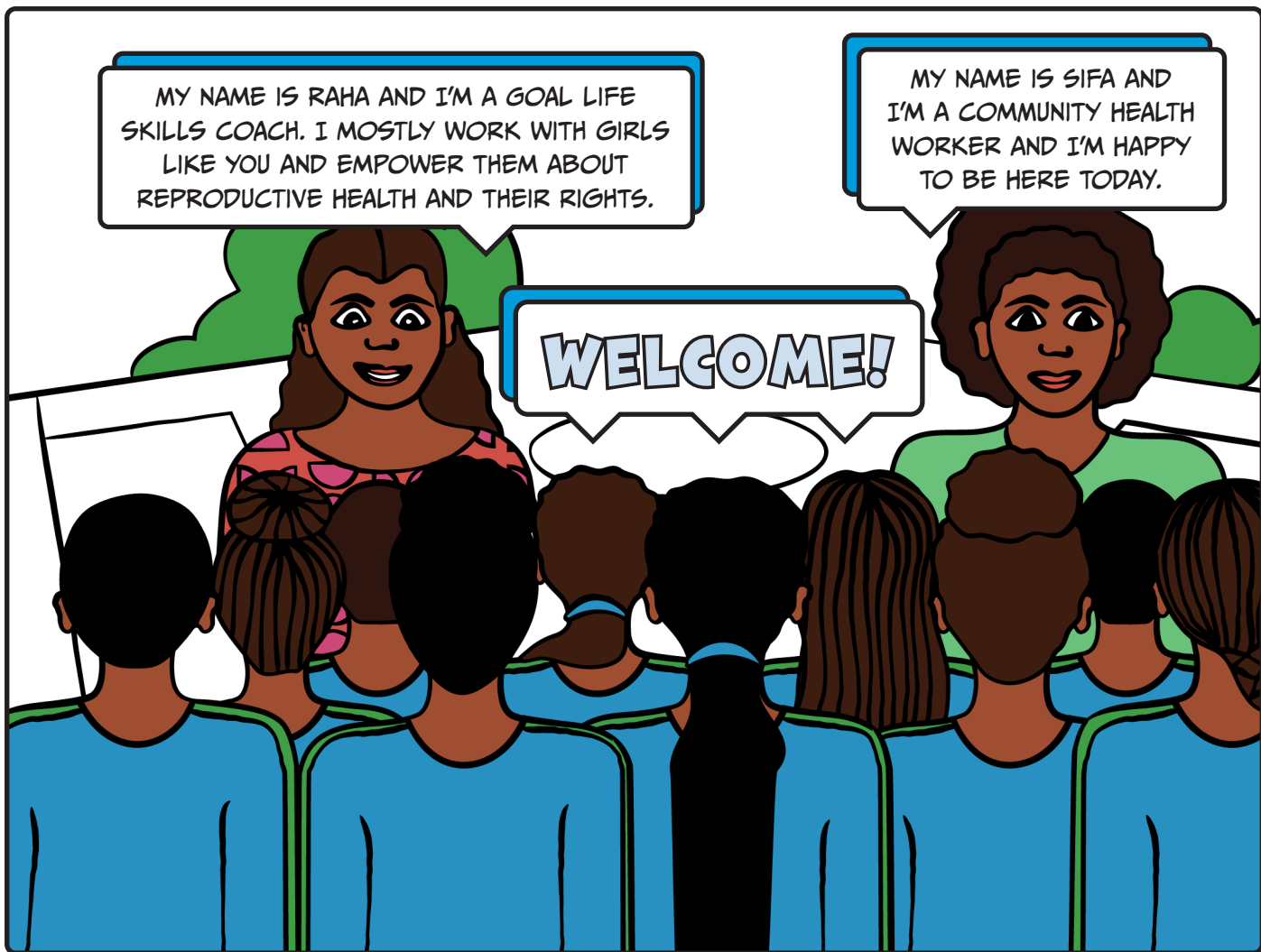
3. RINSE IT WELL AND HANG IT OUTSIDE TO DRY IN THE SUN TO KILL ANY BACTERIA.

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.



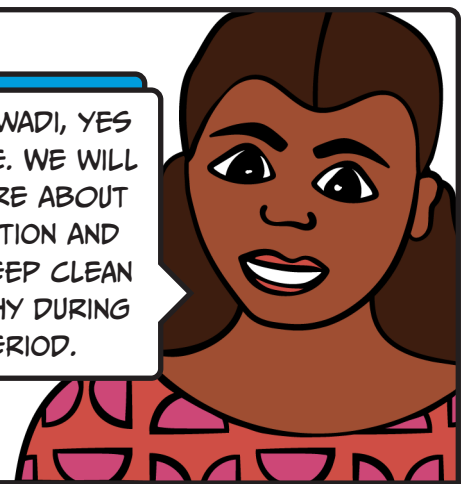
THE SUN IS UP ABOVE THE SKY, GIRLS AND BOYS ARE OUT ON THE FIELD DOING THEIR TRAINING IN SOME COLORFUL APPARELS, SOCCER BALLS AND CONES ARE SCATTERED ON THE FIELD. A COACH IS STANDING ON THE SIDELINES WATCHING THE CHILDREN TRAINING. ZAWADI AND FURAHA ARE CARRYING BAGS ON THEIR BACKS. BEHIND THEM IS RAHA AND HER FRIEND, SIFA.








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!

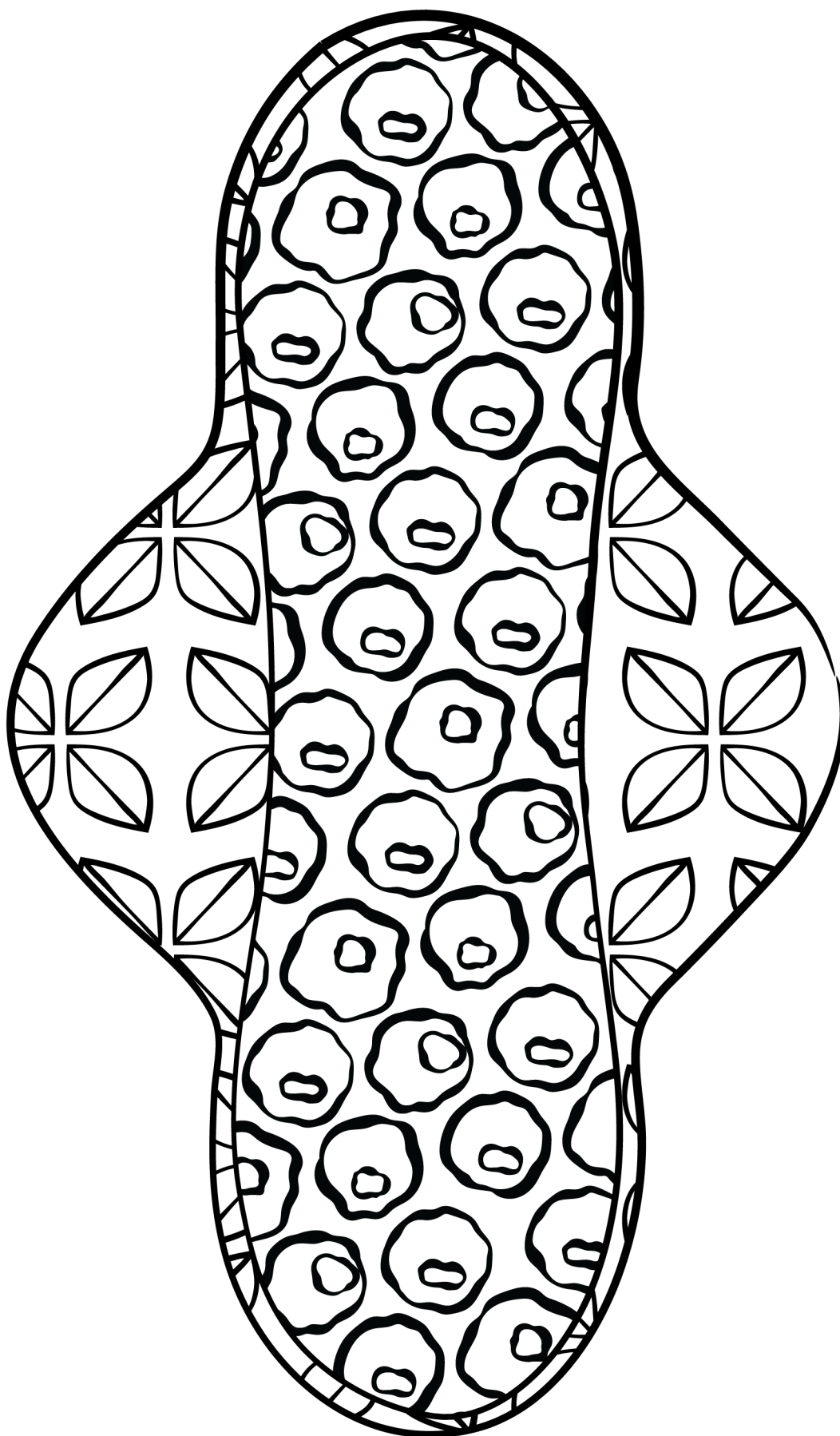
SIFA AND RAHA WALK AWAY FROM THE TRAINING SITE AS THE GIRLS PREPARE TO START THEIR DAY'S TRAINING.

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.

[illegible]

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.

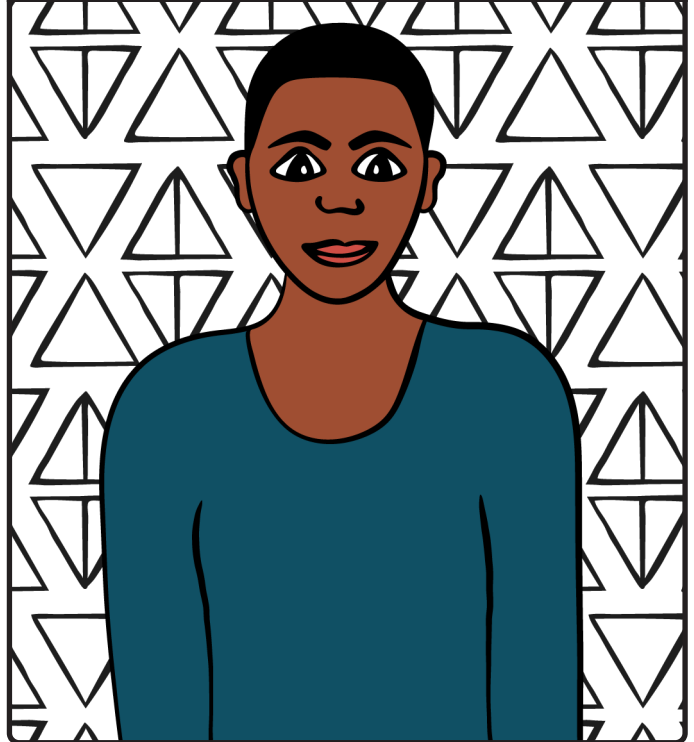
MAYA

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.



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.



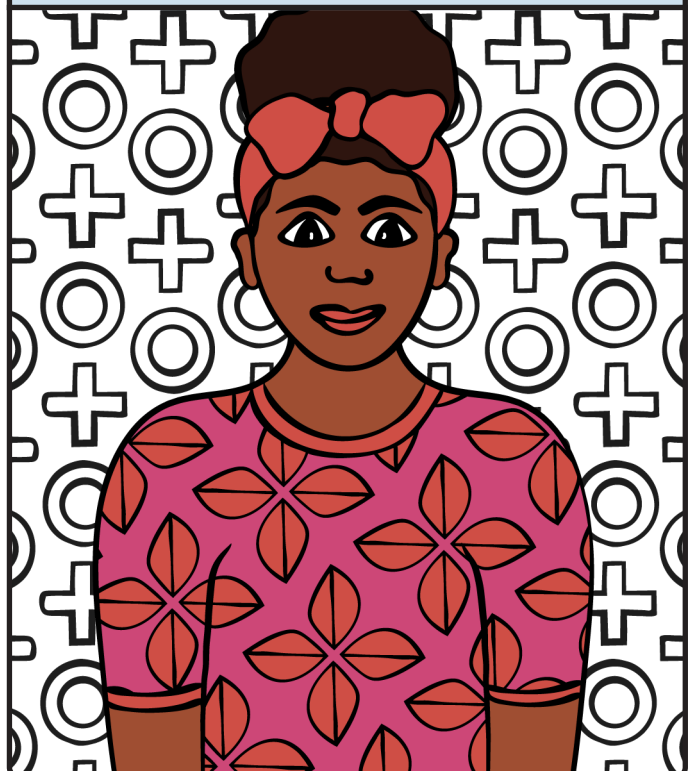
ZURI AND ZAHARA

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

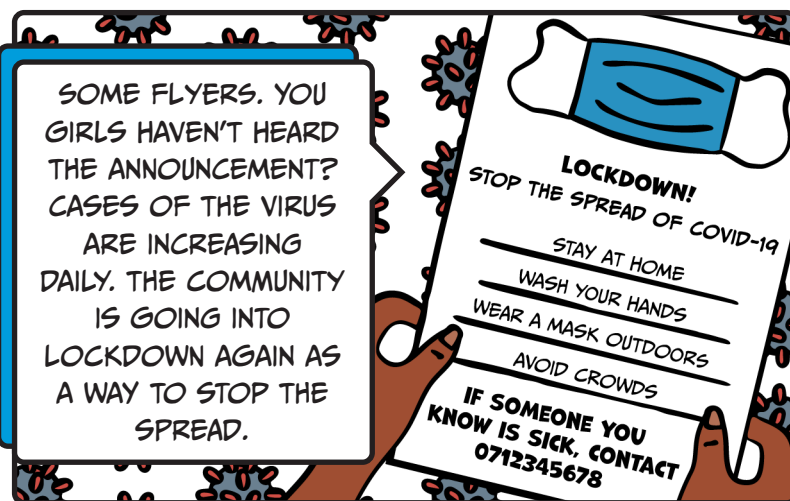
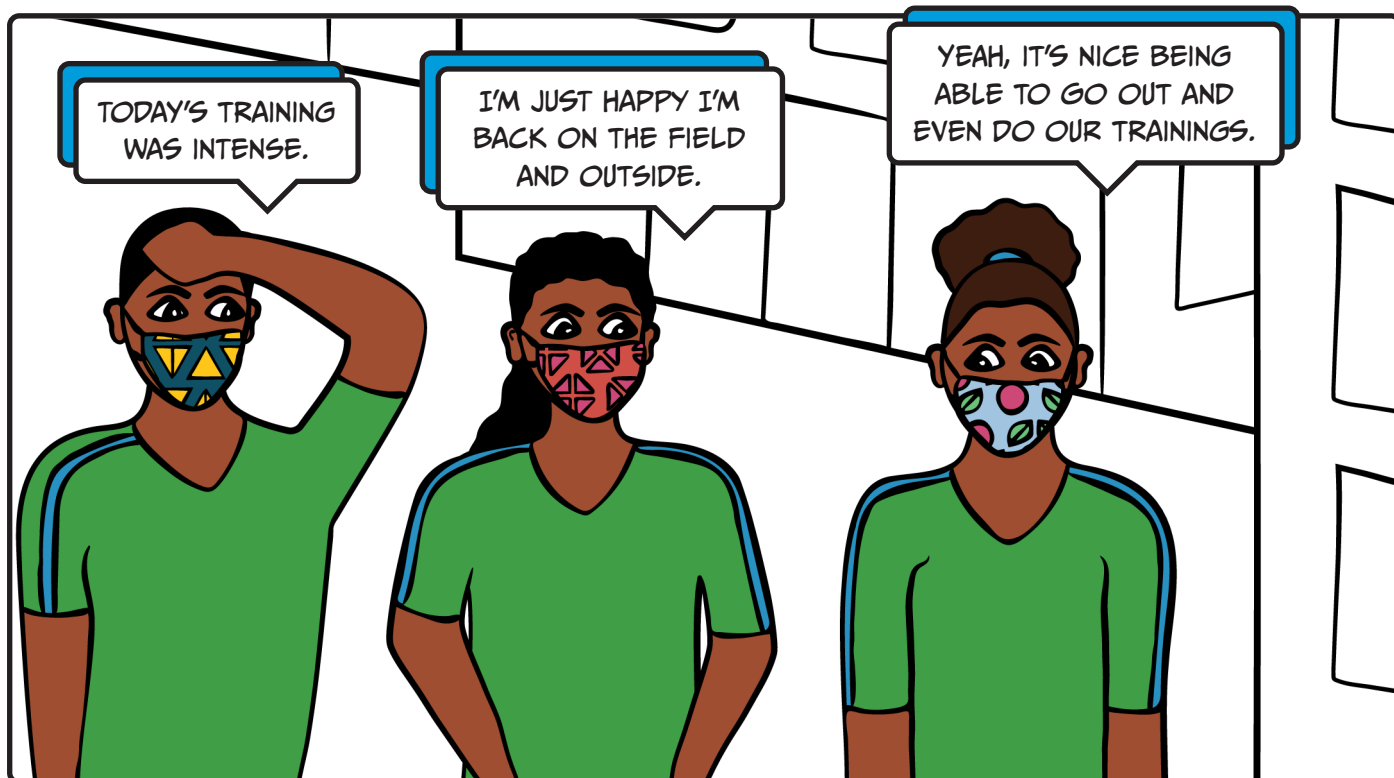


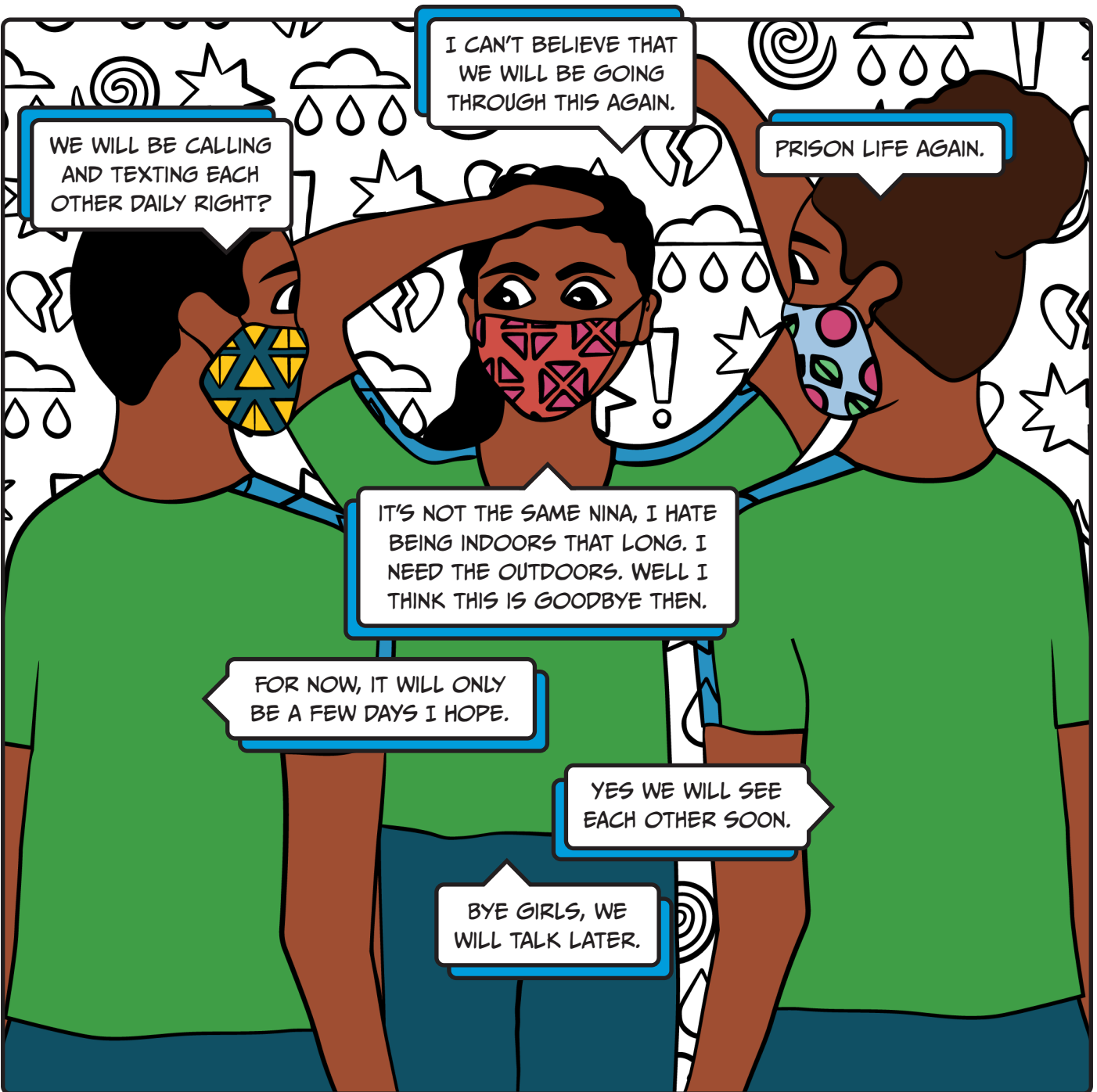
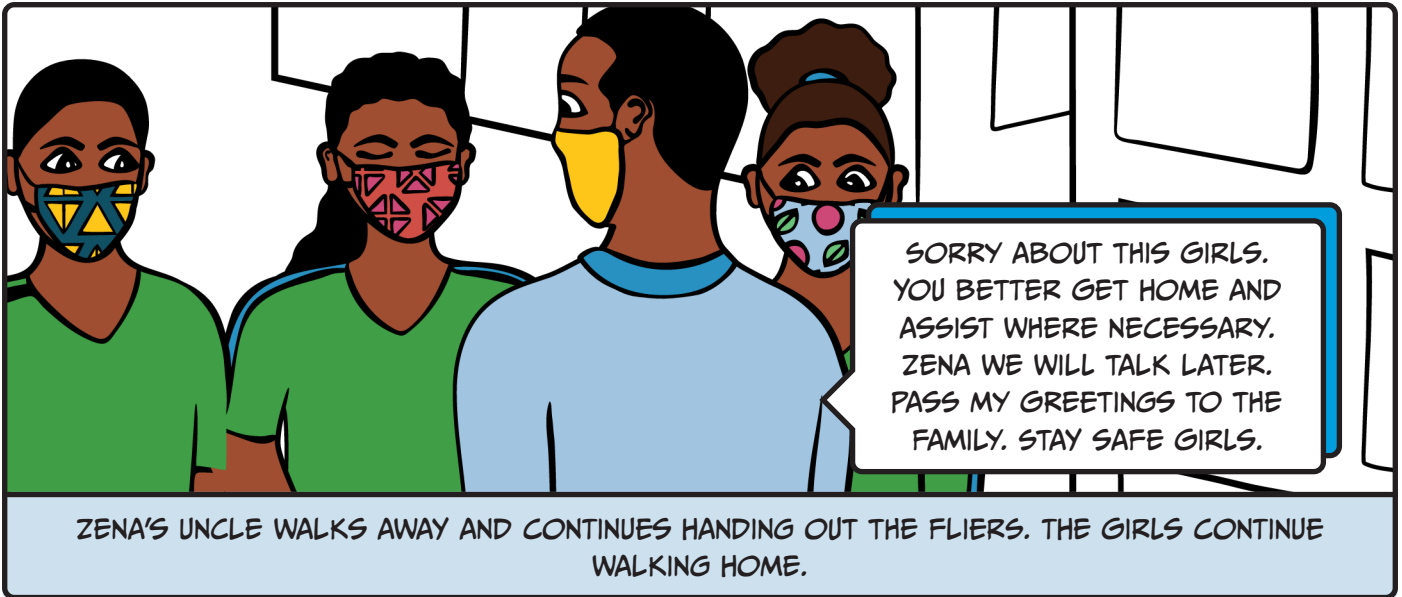
COACH LIYAH

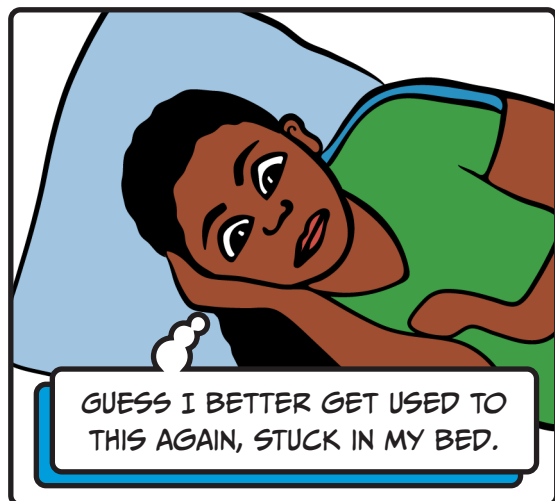
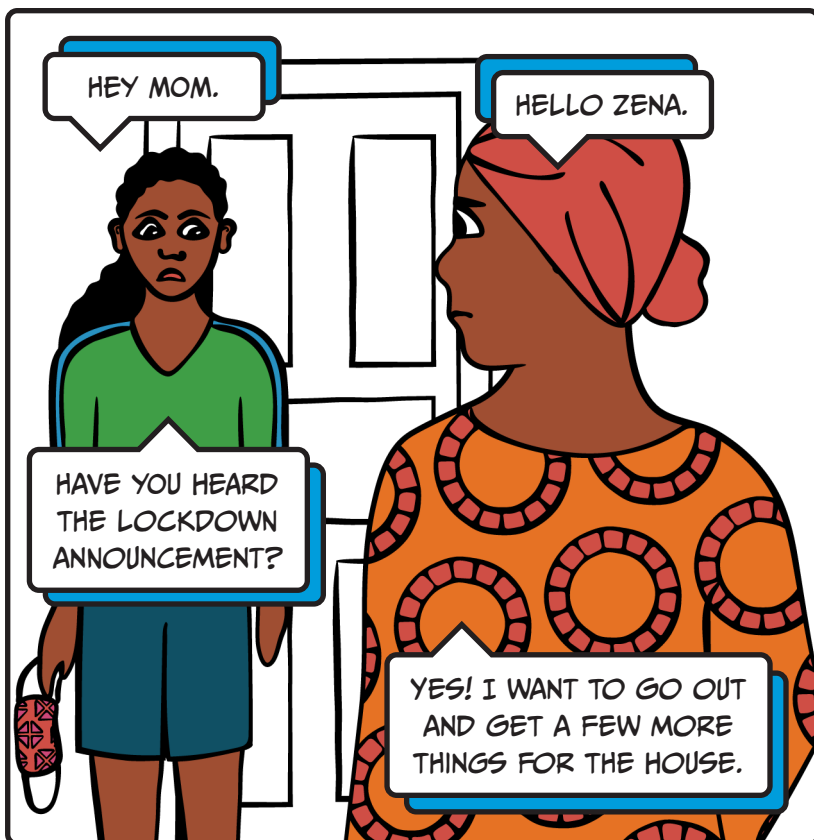
A GOAL LIFE SKILLS COACH WHO LOVES WORKING WITH GIRLS IN THE COMMUNITY. SHE ALSO ENJOYS PLAYING FOOTBALL.



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.







ZENA SPENDS A FEW HOURS ON HER BED THEN AFTERWARDS SHE TAKES HER BATH AND PREPARES DINNER FOR THE FAMILY.



CHEER UP ZENA, THE LOCKDOWN WILL BE SUSPENDED SOON AND THINGS WILL RESUME INCLUDING MY JOB AND YOUR MOTHER'S BUSINESS.

I FEEL A BIT TIRED. I'M GOING TO BED. HAVE A GOOD NIGHT.

ZENA GOES TO THE BEDROOM AS HER FAMILY CONTINUE WITH DINNER

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?

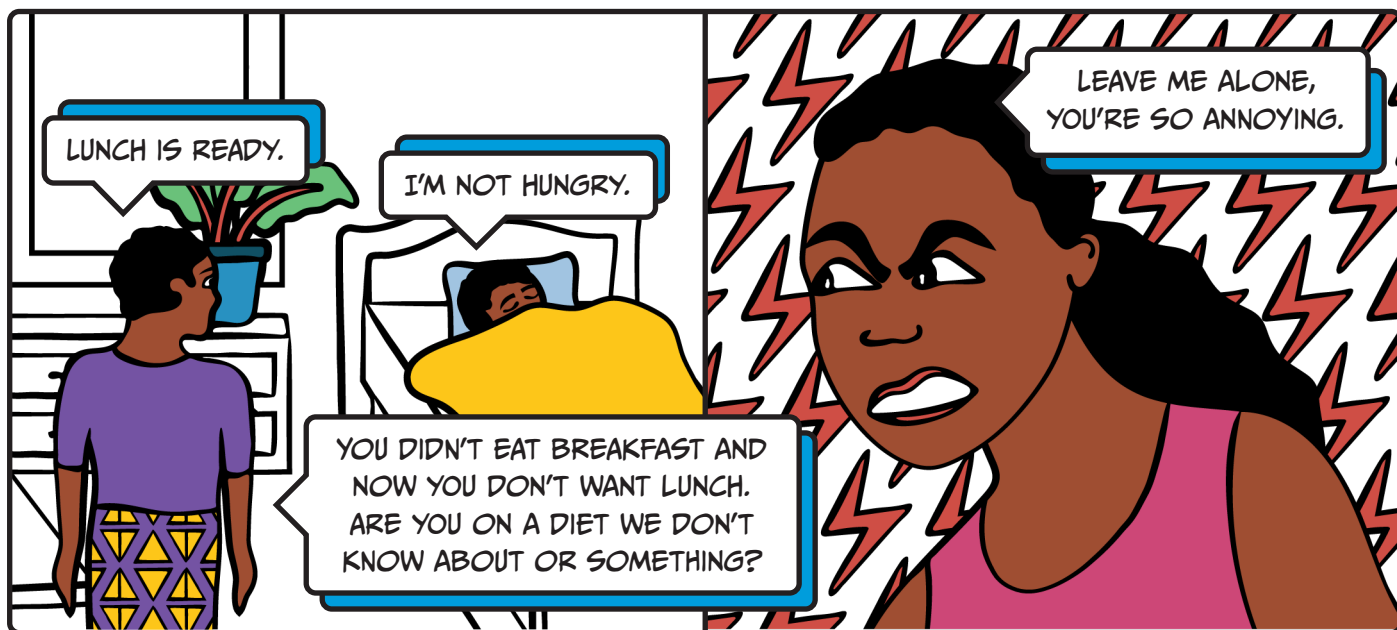
LET'S NOT TALK ABOUT THE LOCKDOWN.

THERE'S A GAME ON TODAY. DO YOU WANT TO WATCH IT?

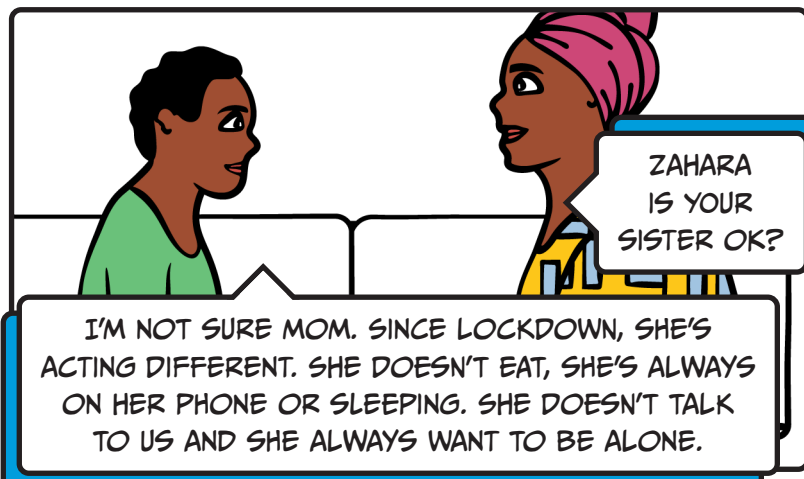
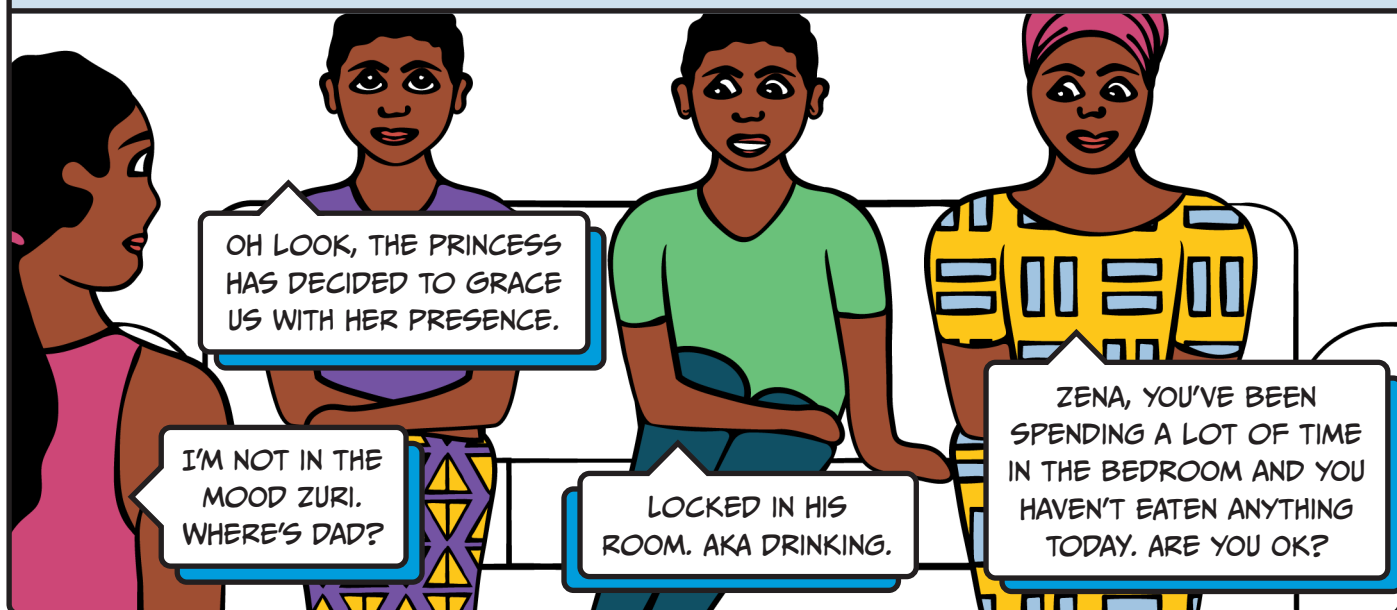
YEAH SURE.

THE GIRLS WATCH THE GAME FOR A WHILE THEN MAYA AND ZENA SAY THEIR GOODBYES AND GO HOME.

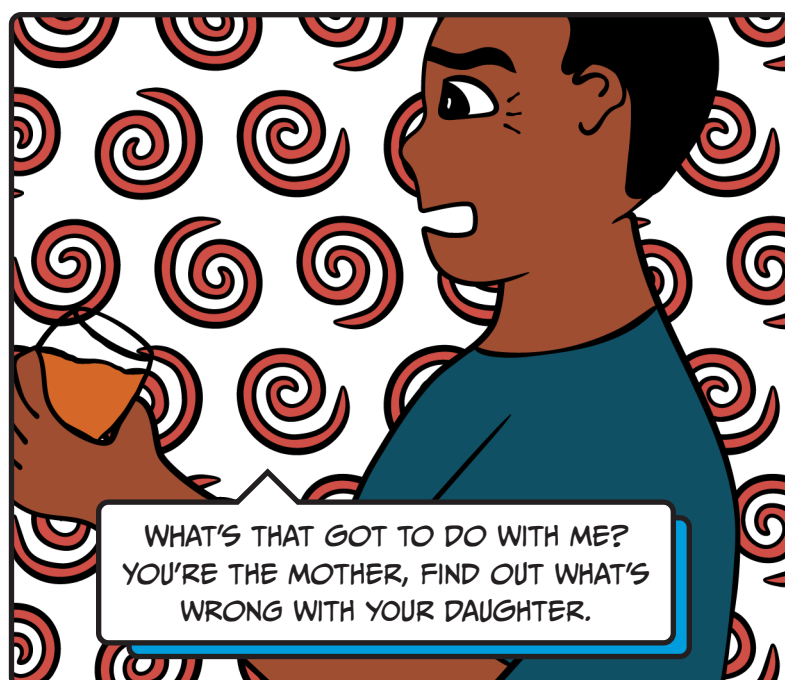
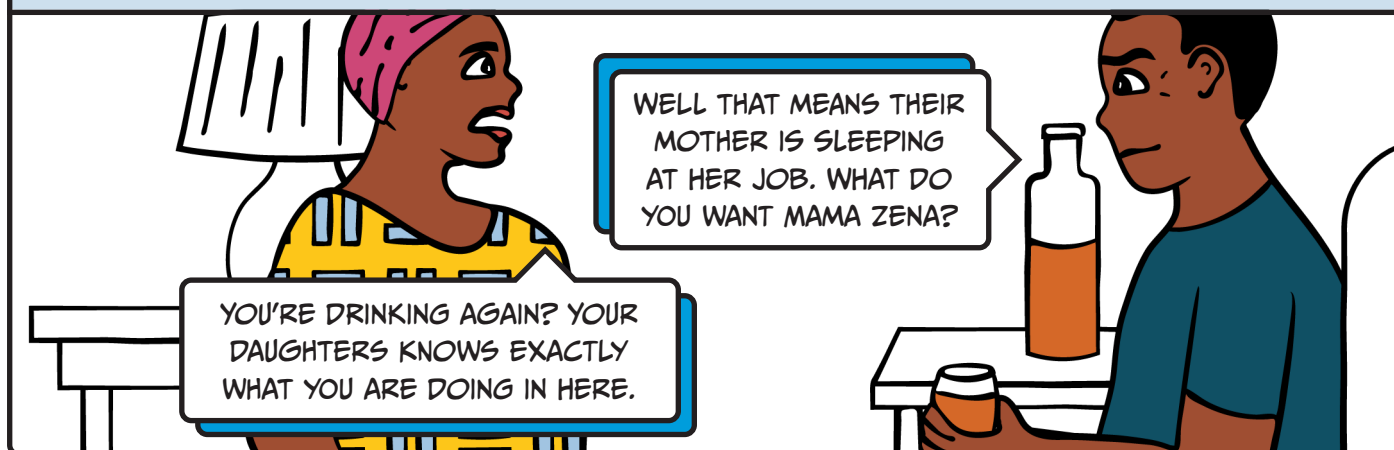
IT'S BEEN A FEW WEEKS INTO THE LOCKDOWN. ZENA'S FAMILY MEMBERS ARE ALL IN THE HOUSE. ZENA STAYS LOCKED IN HER ROOM SCROLLING THROUGH HER CELLPHONE.



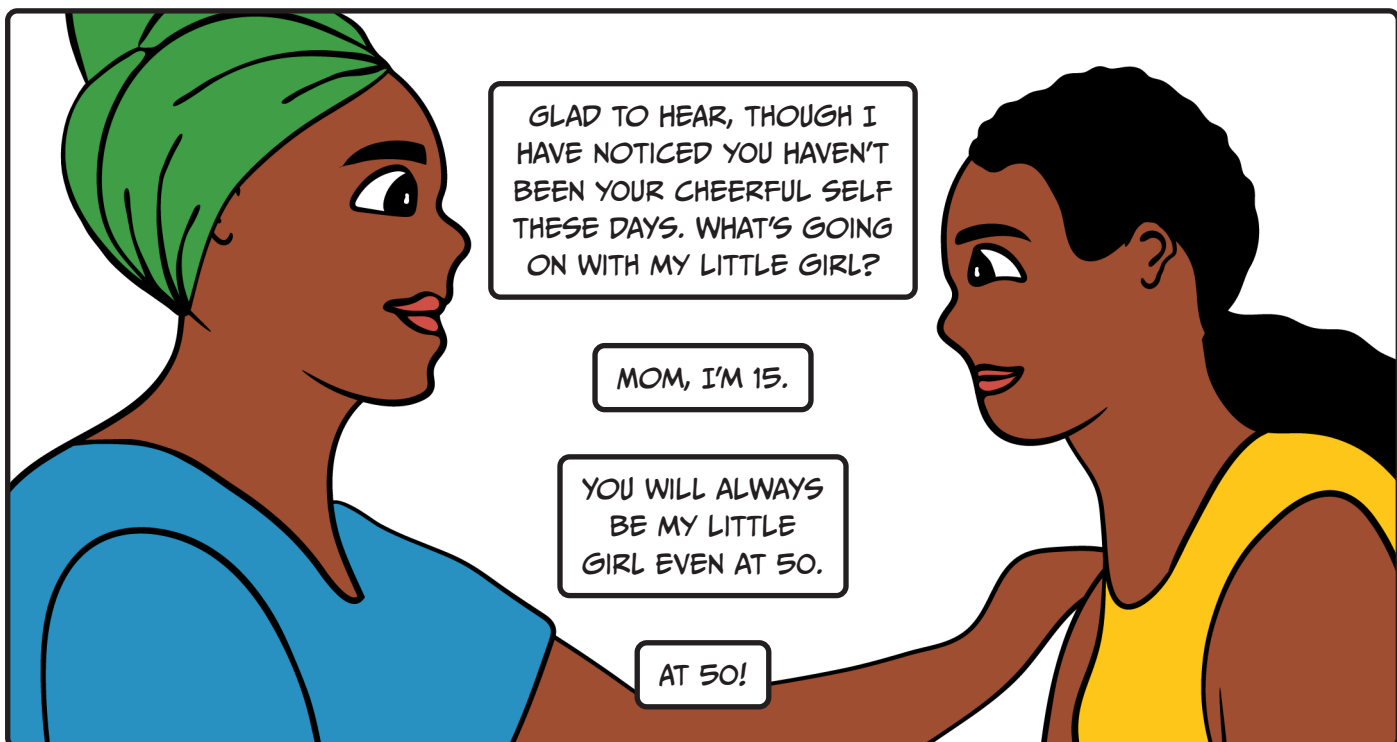
IN THE SEATING ROOM ZAHARA, ZURI AND THEIR MOTHER ARE SEATED WATCHING TELEVISION. THEIR FATHER IS LOCKED AWAY IN ANOTHER ROOM. ZENA WALKS IN THE ROOM



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.



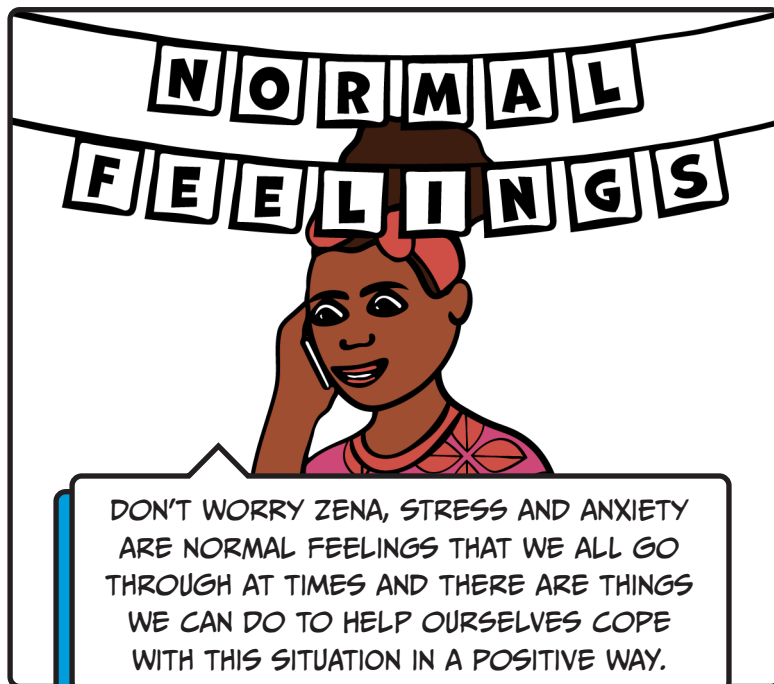
ZENA'S MOTHER LEAVES THE ROOM AND SHUTS THE DOOR. THE ARGUMENT IS HEARD BY THEIR DAUGHTERS.







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.



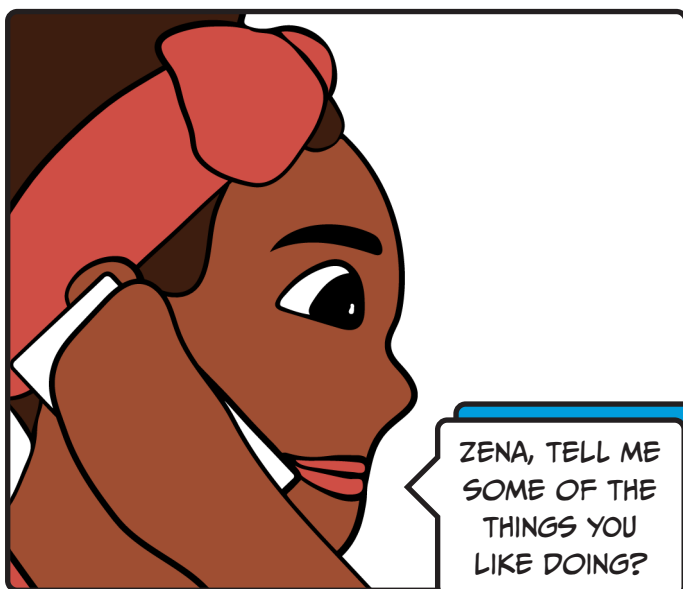
DON'T WORRY ZENA, STRESS AND ANXIETY ARE NORMAL FEELINGS THAT WE ALL GO THROUGH AT TIMES AND THERE ARE THINGS WE CAN DO TO HELP OURSELVES COPE WITH THIS SITUATION IN A POSITIVE WAY.



NOWADAYS I JUST LOCK MYSELF IN MY ROOM AND I WANT TO BE ALONE. SOMETIMES I JUST CRY.



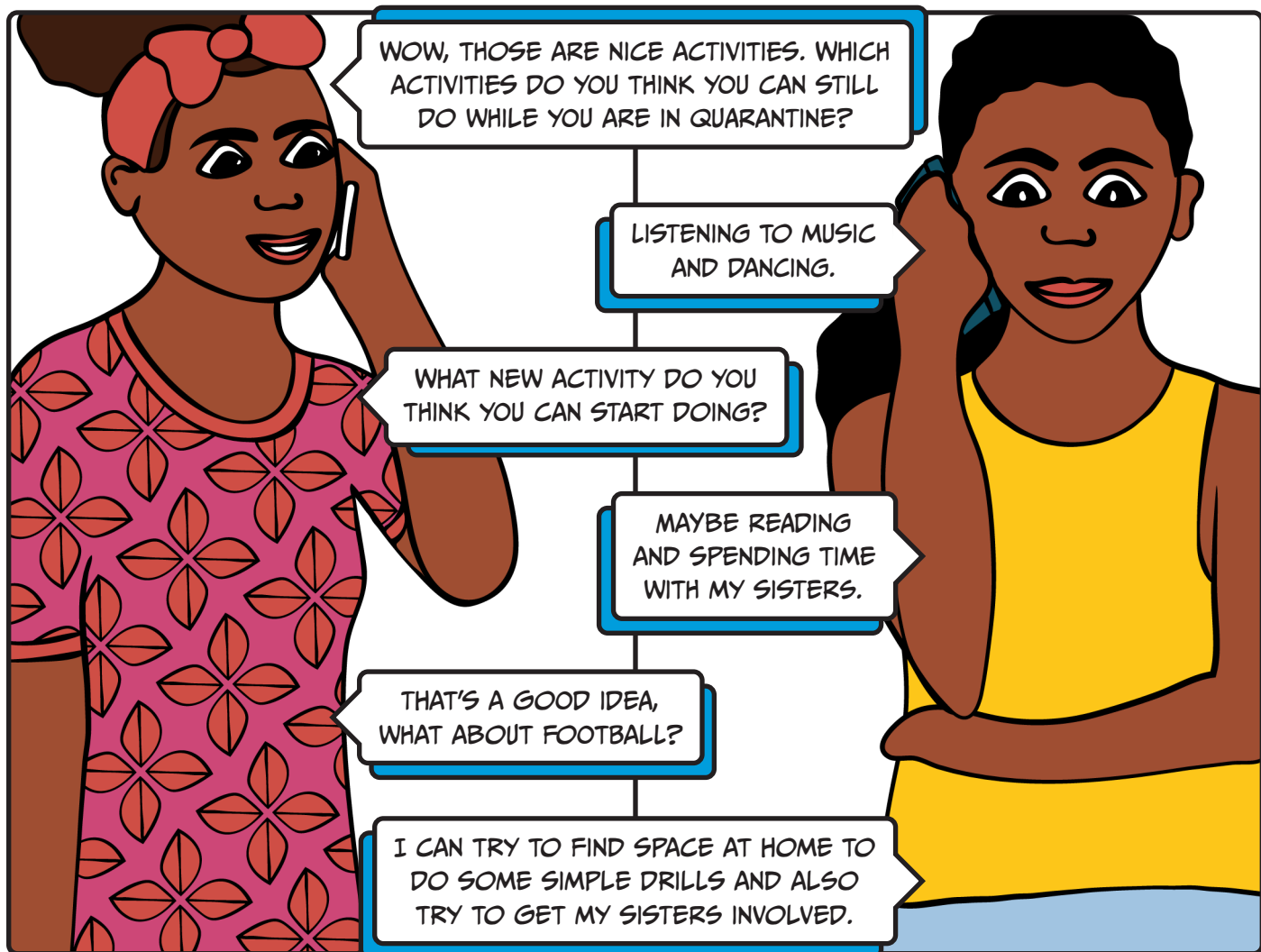
CRYING IS PERFECTLY NORMAL AND OK WHEN YOU ARE STRESSED. I WOULD LIKE US TO LOOK AT DIFFERENT POSITIVE WAYS TO ADDRESS STRESS.

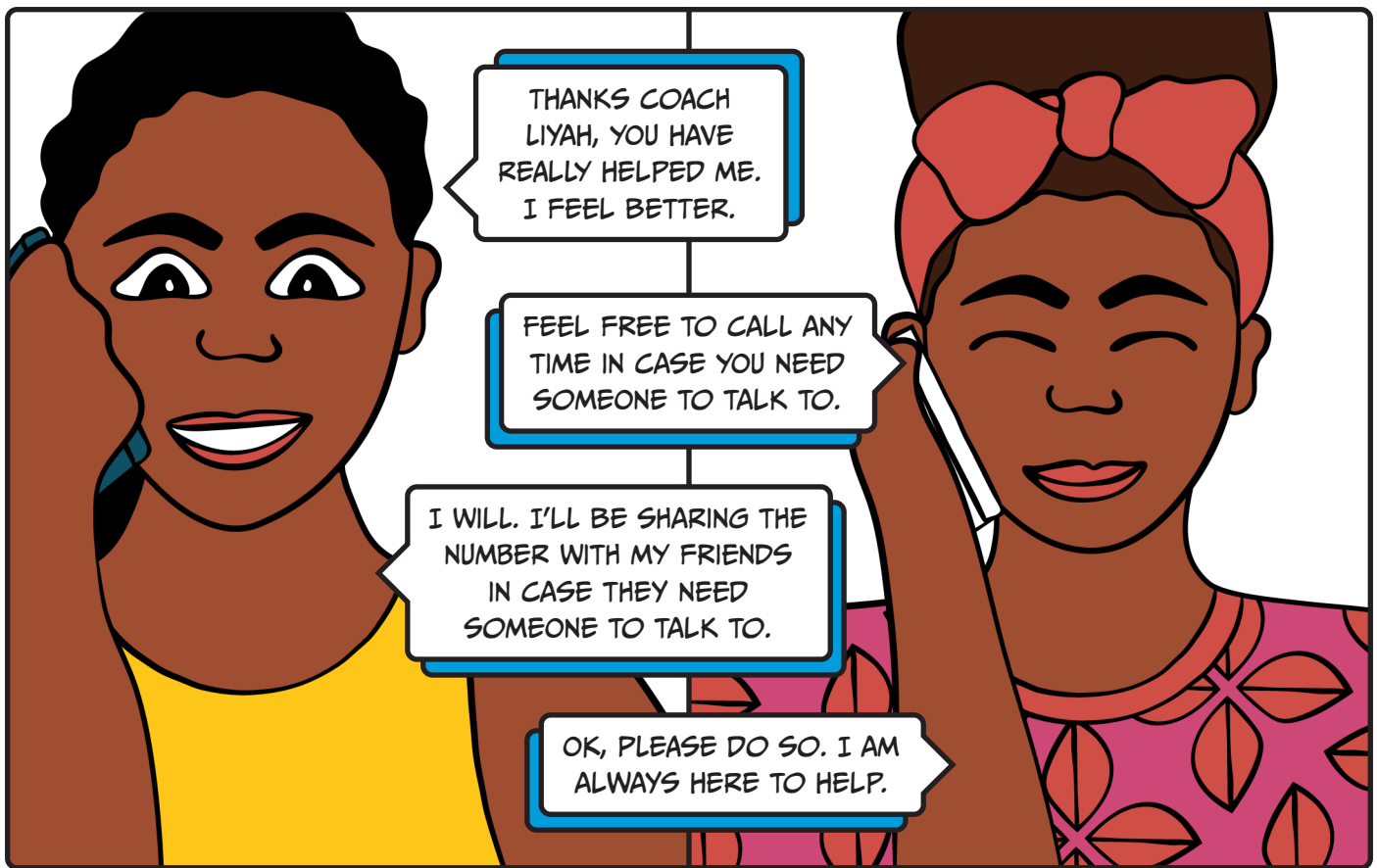


ZENA, TELL ME SOME OF THE THINGS YOU LIKE DOING?



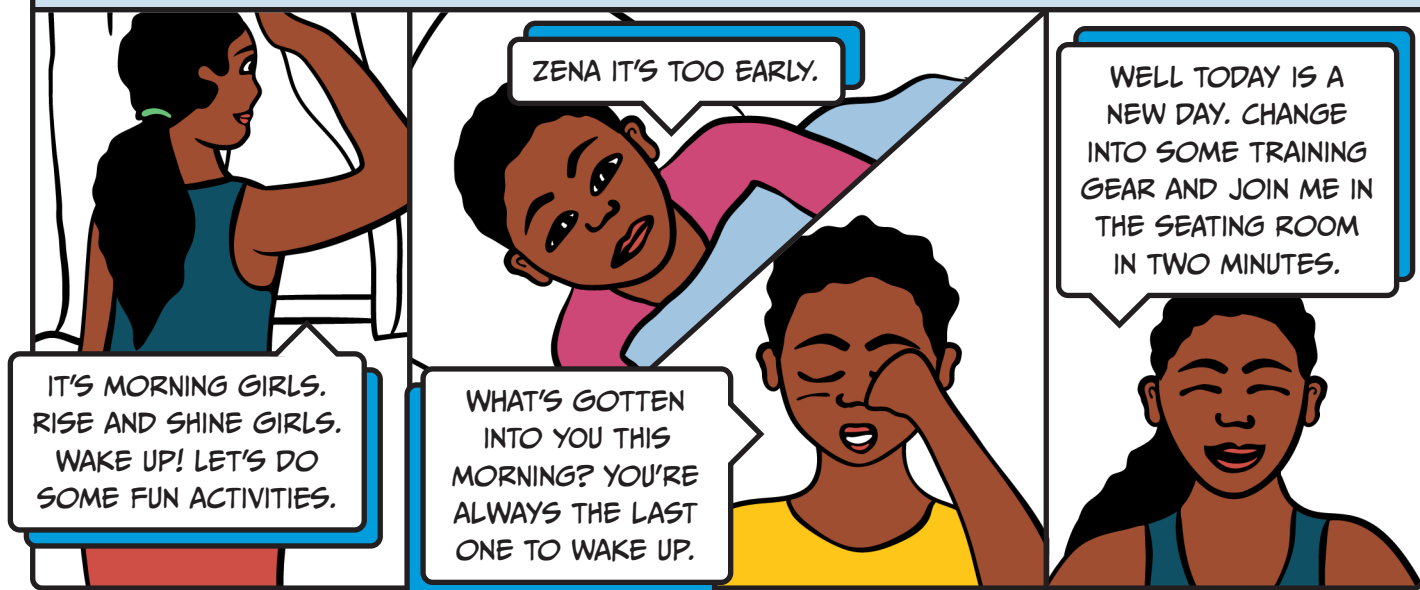
I LIKE PLAYING FOOTBALL, LISTENING TO MUSIC, GOING FOR WALKS AND DANCING A BIT.





<p>THINGS I LIKE TO DO</p> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>THINGS I CAN DO WHILE IN QUARANTINE</p> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>NEW THINGS I CAN TRY DOING</p> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>THINGS I CAN DO WITH MY FAMILY</p> <hr/> <hr/> <hr/> <hr/> <hr/>

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.

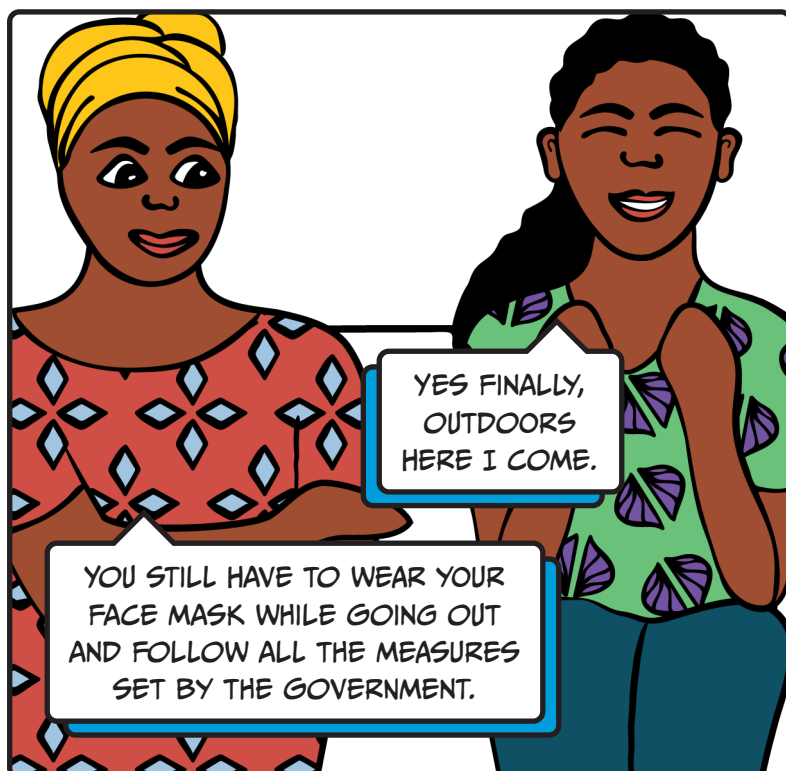
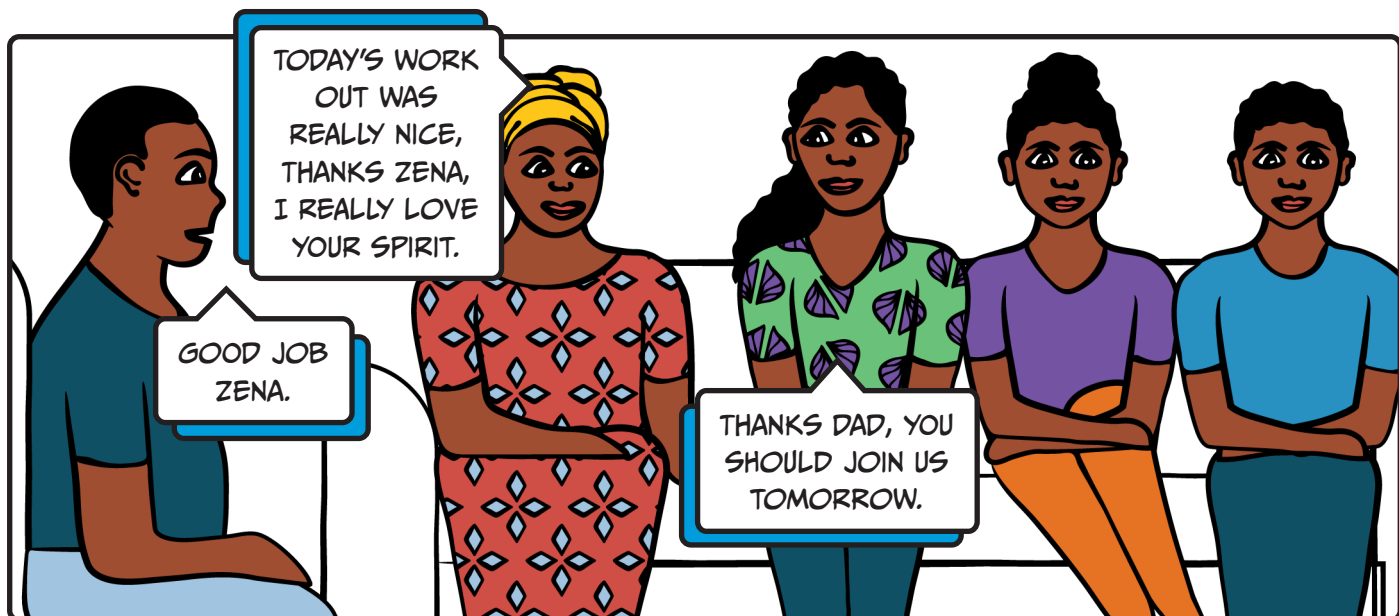


ZENA LEAVES THE ROOM AND GOES TO THE SEATING ROOM WHERE SHE HAS CREATED SPACE TO DO SOME WORKOUTS AND SOME FOOTBALL DRILLS. ZAHARA AND ZURI ENTER THE ROOM IN THEIR WORKOUT CLOTHES.

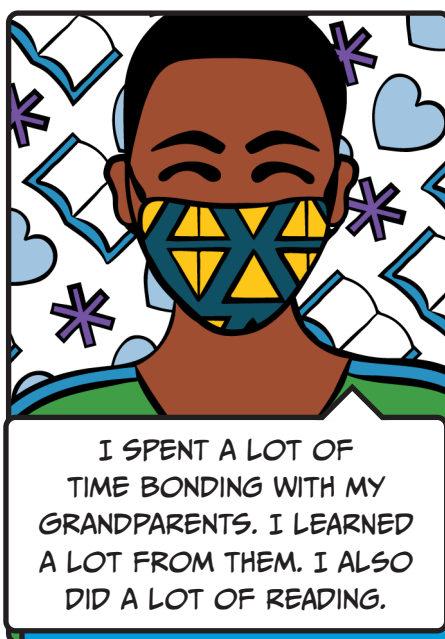
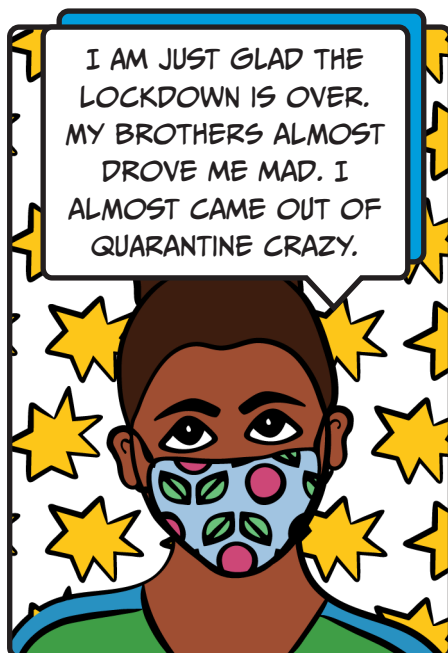


THE GIRLS WORKED OUT AND DID THE DRILLS FOR A FEW HOURS AND DID SOME DANCING AFTERWARDS. THIS BECAME PART OF THEIR DAILY ROUTINE FOR A COUPLE OF DAYS. EVENTUALLY THEIR MOTHER ALSO JOINED.

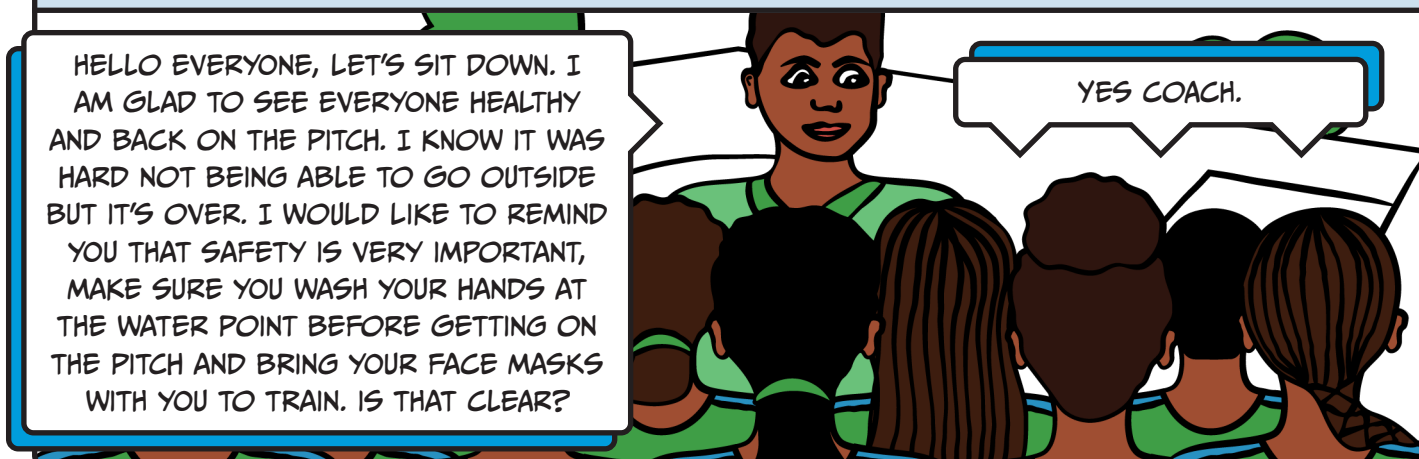




A FEW DAYS LATER, ZENA WALKS OUT OF HER GATE CARRYING HER BAG AND FOOTBALL IN ONE HAND. MAYA AND NINA ARE WAITING FOR HER OUTSIDE THE GATE SO THAT THEY CAN GO TO PRACTICE. ALL THE GIRLS ARE PUTTING ON FACE MASKS.



THEIR COACH STANDS AT THE FIELD WAITING FOR THE PLAYERS TO ARRIVE. THE TEAMMATES ARE HAPPY TO SEE EACH OTHER AND RESUME THEIR TRAINING.



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.

TIPS FOR COPING WITH STRESS AND ANXIETY

FIND OUT IF THERE ARE **LOCAL SUPPORT** NETWORKS YOU CAN CONTACT.

THINK OF **POSITIVE** WAYS TO HANDLE YOUR STRESS, LIKE READING OR DANCING.

GET YOUR **FAMILY** INVOLVED IN YOUR ACTIVITIES.

DO NOT FEEL ASHAMED TO **COMMUNICATE** TO A TRUSTED FRIEND, FAMILY MEMBER OR MENTOR.

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



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HAPPY



EXCITED



CALM



SAD



ANXIOUS



STRESSED



ANGRY



SCARED



1



2



3



4



5



6



7



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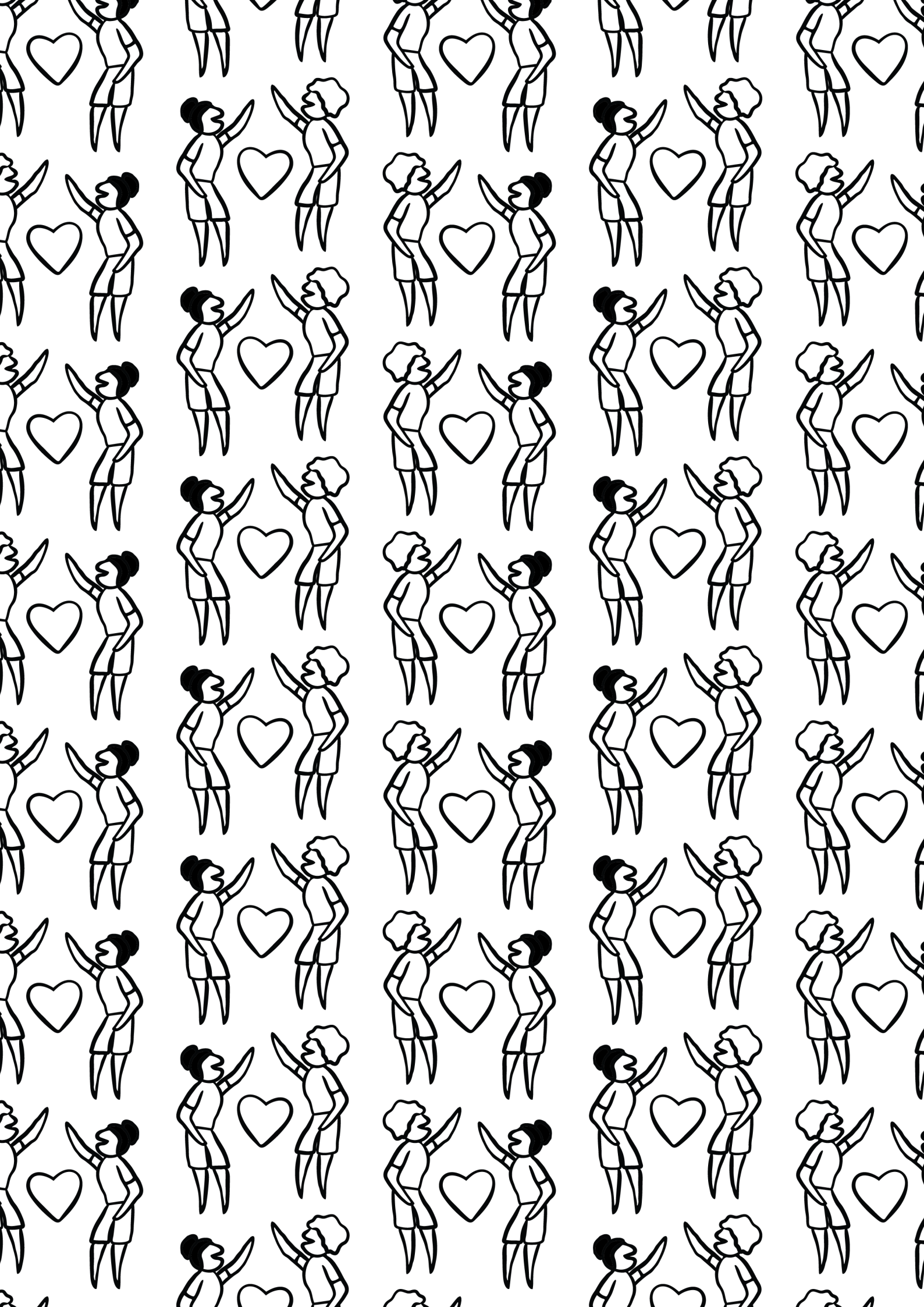
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THE GOAL PROGRAMME USES SPORT AND LIFE-SKILLS TRAINING TO EQUIP ADOLESCENT GIRLS TO BE LEADERS IN THEIR COMMUNITIES. GOAL IS PART OF FUTUREMAKERS BY STANDARD CHARTERED, A GLOBAL INITIATIVE AIMED AT EMPOWERING THE NEXT GENERATION TO LEARN, EARN AND GROW.



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CHARTERED
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