



CASE STUDY :: 03

LOCATION

Go Sisters

Zambia

OBJECTIVES

Empowering women

BACKGROUND INFORMATION

Go Sisters combines the importance of education and sport, creating a platform for life skills, leadership development and HIV/AIDS education. The project helps support the capacity of the Ministry of Education by training a core of peer educators to assist PE teachers and ensure that the young and vulnerable girls of Zambia are given the opportunity to participate in physical activity.

Go Sisters works by identifying girls within schools that they feel would be good mentors. These girls are trained at a Go Sisters Leadership Camp in sports skills, coaching, leadership skills and health issues. After six months of training the Go Sisters volunteer leaders will train other girls from their schools to ensure the sustainability of the programme. (They will be assisted with their school fees to ensure they remain in school).

Go Sisters youth leaders will then work with the physical education department at their school to provide sports programmes for other girls. The programmes will be developed by girls for girls and will encourage girls to actively participate as well as providing a forum for discussion on topics such as healthy life styles, avoiding harmful influences, protection from abuse etc. The schools will also be available for after school programmes to reach those girls not in school. On an annual basis there will also be a 'Girls Empowerment through Sport' Tournament

PURPOSE

Go Sisters aims to help young girls to build stronger bodies, stronger minds and a brighter future. Specific objectives can be grouped in the following ways:

- Education: girls will be encouraged to stay in school or return to school. Youth leaders will be assisted with school fees
- Poverty: with more girls in school there will be better chances of them getting a job and staying out of the sex trade. With employment comes a better standard of living
- Gender equity: girls will have both a strong platform from which to educate the communities on gender issues and role models will be identified. Girls will know where to go for support and empowerment will become an issue to be addressed in society at large
- HIV/AIDS: girls will be provided with accurate information on HIV/AIDS and other STDs and equipped with the information they need to make safe sex decisions
- Abuse: girls will be armed with knowledge of their rights and ways to protect themselves. Community members will be made aware of the seriousness of the problem

PARTNERS

Commonwealth Games Association of Canada (CGC)
EduSport Foundation

COST AND DATE

Since 2001, current project over a 12 month time frame

TARGET

Girls and young women

OUTCOMES/IMPACT

- 1 Improved health and fitness
- 2 Girls staying in school longer or returning to school
- 3 Decrease in exposure to risk of HIV/AIDS
- 4 Stronger self esteem and knowledge of rights
- 5 Young leaders and positive role models

FURTHER INFORMATION

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