



her turn
educated. empowered. equal.

Her Turn 2014 Annual Report Summary

What is Her Turn?

Nepali society is incredibly diverse culturally, socially, religiously and linguistically. How women and girls are viewed, varies across ethnic groups. There are also vast differences and inequalities in access to education, resources, health care, and other development indicators across genders, ethnic groups and castes. Literacy rates for adult women stand at 48%, compared to 73% of men. High rates of female illiteracy hinder women's access to information and resources. This is especially true for marginalized ethnic minorities and low-caste women and girls who suffer doubly from discrimination. Nepali girls face additional challenges in their access to education: child marriage rates are at staggering 41%, and it is estimated that more than 10,000 girls and women are trafficked from Nepal annually. These and other factors point to low social status of girls in Nepali society.

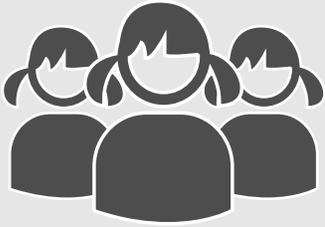
Her Turn program was created as an answer to these and other challenges rural girls face every day. Our program's mission is to empower girls and equip them with skills and knowledge that allow

them to create their own safe and healthy futures. We do so by delivering culturally sensitive, girl-centered services that advance girls' health, safety, confidence, and leadership skills.

To this end we conduct education and empowerment workshops designed for girl students and drop-outs aged 12-16 from rural Nepal. The program lasts four weeks and is delivered in groups of 20 girls by local female trainers. The curriculum is girl centered, interactive, relevant and culturally sensitive. In 2014, we expanded our programming to better ensure its sustainability. We designed and launched a mentorship program that provides long term support in our field sites. Mentors are recruited from our most successful past trainers to provide guidance and support to Girl Support Committees. The mentors meet with the Committees and other girls monthly in order to address problems that affect children in their school and community; this includes girls and boys who have not participated in our workshops or are not attending school.

To learn more about our work in 2014, please see our [Annual Report](#).

Reach



1,086 girls reached

97% attendance in workshops

43 trainers

29,051 meals

12 schools

6 mentors

SECURITY AND VIOLENCE RESILIENCE

- 64% more girls know GBV and VAWG laws
- 44% more girls know how to respond to violence
- 34% more girls know the legal age of marriage
- 40% more girls know trafficking response

33% more girls know about puberty

HEALTH

27% more girls know about menstruation

more girls know about puberty hygiene

33%

more girls know about menstrual hygiene

30%

KEY IMPACTS



EMPOWERMENT

- 22% more girls feel **strong**
- 28% more girls feel **powerful**
- "After attending this workshop I feel I can do anything in life."

ADVOCACY

- 11 Community Ceremonies
- 3,619 community members
- 30 days #PointPeriod campaign

31.89

USD per girl

1.33

USD per girl per day

96%

program expenses

Budget

2014 VOICES



“ **14 year-old participant:**

Now that we know all these things, no-one can bully us. If we are being bullied we can talk about it openly, with confidence and without being afraid. Because of Her Turn workshop I have become more active, confident and speak in front of other people. I wasn't confident before. ”



“ **Her Turn trainer:**

Before, girls and boys were not treated equally. Now girls are loved by parents equally. A daughter is also given importance equal to a son. ”

“ **Her Turn trainer:**

Through this workshop a lot of changes occur in a girl's life. When I came on the first day, some girls were so shy they were not able to say her name. After 24 days they speak with confidence and with smiles on their faces. Most changes are in their confidence levels. ”



“ **From girl's essay:**

We, girls, shouldn't think that we are weak and can't do this work. As much as possible we should think that we are capable in any field. We should try and if we fail then again we should try again and again. ”



Where are we at?

In 2014, we continued to refine and develop our programs. We observed significant changes in our participants' knowledge, attitude and practices in the areas of violence resilience, health and empowerment. Many girls, after taking our workshops, reported increased knowledge of laws pertaining to various forms of gender based violence, of menstrual hygiene and other health related issues, and increased confidence and sense of empowerment. Many also declared they would increase awareness in their communities about domestic violence, child marriage, and trafficking. Our evaluation surveys provide encouraging evidence that our programs are working – not only the girls, but also their families benefit from the new knowledge they bring.

Our mentorship program, while still in the pilot stage, looks promising. It gives girls a platform to address the issues that affect girls' and boys' health, safety, and

well being in their schools and communities. Girl Support Committees work with mentors to resolve the problems they identify. These vary, from convincing families of drop-out students to send them back to school, to resolving bullying situations in schools and communities, to reporting instances of abuse to authorities.

We believe these stories are beneficial not only to individuals directly involved – throughout these interventions the Girl Support Committees take initiative, exercise leadership roles and create real changes in their communities. In the process, people start to perceive them as change makers who have made a positive impact on school and village life. Where traditionally girls were seen as passive, shy and without any decision power, we believe their actions challenge these stereotypes and create a new understanding of girls' role in their communities.

Where are we going?

We have big plans for 2015. As we continue our existing programs, we hope to develop workshops for adolescent boys – there is a growing evidence that including boys and men in gender based violence prevention increases its effectiveness. Boys and men are both perpetrators of sexual and gender based violence, and also victims of it, and hence are a crucial part in the process of social transformation. Nepali boys, like girls, lack access to information that affects their health and safety, and they are not encouraged to discuss existing discriminatory social norms. With our future boys' workshop, we hope to fill that gap.

We also plan to engage schools and communities more in the process. Schools can play an important role in raising awareness on issues that affect girls' safety. We plan to engage school staff, mothers' groups and Female Community Health Volunteers in prevention work by providing short awareness raising workshops for them alongside our education and empowerment programs for girls. These would include sensitizing participants to girls' needs, and discussing issues that affect children and adolescents in rural Nepal: child marriage, human trafficking, and corporal punishment in schools.

“This workshop is like a miracle. I have noticed so many changes in my daughter, she is more confident and she shares whatever she learned in the workshop with us. She asked us questions. This workshop is very simple and very effective. There were so many things that we could not teach her or share with her. She knows now how to take care of herself during menstruation, disadvantages of early marriage and advantages of achieving higher education. I am very thankful.”

Parent and community member

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