

Bleeker Foundation

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To all our sponsors and volunteers, I am very grateful for your support and donations. Your kind gestures have brought the BleekerFoundation a long way. We promise to continue putting all available resources diligently to use.

Executive Summary

As youth progress through adolescence and young adulthood, engaging in sexual behavior becomes developmentally normative. In turn, the prevalence of teen pregnancy and STIs increases. The anticipating teen pregnancy and birth rates are higher in Cameroon and especially in the region of Muyuka where we are very much focus to begin this pilot project. These alarming statistics suggest that the key to reducing teenage motherhood and STIs in Muyuka is to better understand the cause of the problem and finding sustainable solution on how to address and prevent the problem. Which can come from, counselling, seminars, innovative prevention and treatment approaches. There are many eminent approaches based

on interventions across the spectrum. These include: (1) universal prevention strategies targeted at all youth; (2) selective prevention approaches for youth at higher risk (e.g., teenage mother, teenage boys, parents, teachers, organizations involve, homeless youth, and sexual minority youth).

All evidence-based teen pregnancy and STI preventive interventions aimed at adolescents focus on reducing risk factors and increasing protective factors. There is an extensive body of knowledge about risk and protective factors that emphasizes that factors at every level of the ecological model play roles in teens' decisions about how sex plays into their own life possibilities. As a result, nearly all evidence-based interventions go beyond simply discussing sexual risk factors and prevention methods for teen pregnancy and STIs by framing these discussions in terms of youths' current and present aspirations.

Many interventions also offer youth development components aimed at improving basic life skills such as decision-making, goal-setting, problem solving, and career preparation. Furthermore, most evidence-based interventions have several sessions that are offered over numerous weeks of months, and some are offered to the same youth over a period of several years to reinforce key ideas. For adolescents, particularly youth in middle school and the first year of high school, the primary goal of preventive interventions should be to delay sexual debut. Intervention strategies also should focus on reducing sexual risk behaviors among sexually active youth (e.g., having multiple partners; having sex frequently; not using contraceptives). All evidence-based teenage parenthood and STI prevention strategies for young adults heavily promote condom usage through education and activities aimed at increasing comfort using condoms and condom self-efficacy. Therefore, BleekerFoundation efforts aimed at preventing teenage parenthood and STIs among young adults should focus on, education, organizing sex seminars, in school, local communities, providing conventional education and professional careers, condoms skills and condom access to this youth. Finally, the BleekerFoundation deem it very important to learn from the successes of other communities who have applied innovative strategies to address teen pregnancy and STIs. Communities that have been successful at reducing teen pregnancy and STIs share the common characteristic of focusing on implementing evidence-based interventions across the intervention spectrum.

These are all long-term, collaborative efforts with diverse stakeholders and funders. In conclusion, the project is entails to serves as an important starting point to begin to understand

and address the issues of teen pregnancy and STIs in the Muyuka region of the South West region in Cameroon.

Chapter 1

A Comprehensive Sexual Health Education for youths in Cameroon.

Introduction

A comprehensive sexual Health education program in Cameroon might be embarrassing to many parents in Cameroon. This is based on the cultural setting of the Family. In traditional Cameroon family setting; children are expected to obey, keep the rules, respect the family norms, followed their parents' instruction without asking a single questions, "don't ask, don't tell". It is considered by that, the best way to prevent sexual immorality among youth and young adults is by keeping them almost completely out or avoid any subject of discussion concerning sex. if not completely ignorant of sex and sexuality matters, sometimes until when it is time for kids to get married.

However some anxious parents might only mention one or some warnings about their daughter's first menstrual experiences, while for the boys it is completely forbidden to mention any discussion of sex. Apparently in some Cameroon homes, most especially in the rural regions, children are shy to ask questions about sex and sexuality and those who are brave enough to ask are often stigmatized and constantly watched.

As such early sexual activity among teenagers is on increase in many rural societies of Cameroon. This may be as a result of ignorance, lack of appropriate guidance and counseling, faster biological development, indiscipline and lack of moral education, inadequate parental care, bad role model of parents, adolescent rebellious attitude, child abuse, certain cultural influences and practice and the likes.

Therefore the Bleeker Foundation, In this regard wants to seize this opportunity to orientate and sensitise local communitites about the problems surrounding premarital sex among youthss, just as race/ethnicity, gender, and social class are sources of social inequality. We are bent to sensitize and to address these issues especially among the youth.

Mission:

In Cameroon one out of every three girls gives birth before their 18th birthday. Our mission is to reduce this alarming incidence rate of teenage pregnancy in Cameroon and to support teenage mothers to gain self-sustainability.

To be a mother at a teenage age has lots of wearisome consequences. Social abandonment, exclusion from education and jobs prohibit these girls from establishing sufficient support for themselves and their child (ren). BleekerFoundation.

Objectives:

Comprehensive Sexual Health Education for all youths of South West Region in Cameroon is a program that is put together by the BleekerFoundation to accomplish the following;

- Educate the youth on anatomy and physiology of the female and male reproductive system.
- Empower the youth to protect their physical, emotional and sexual wellbeing;
- Educate the youth about their sexual health rights;
- Assist youth to develop skills in communication, refusal, and negotiation, “Learn to say no”.
- Educate the youth on the consequences of having sex and the importance of safe sex;

Chapter 2

The Target Group

Target groups and target organizations.

Our main target organizations are public institutions of Education, churches, homeless girls, meeting houses, communities groups for teenage girls and lock and hold teenage mothers.

Majority of the youth in Muyuka region attend public institution schools. The cost of education in public schools is extremely low compared to education cost in private school.

These public institutions are often characterized by children from very low-income families.

Furthermore, Schools are in a unique position to provide their students comprehensive health services and referrals to community-based health centers, due to their accessibility to students and their ability to provide health education targeted specifically for young people. Schools have the important responsibility of addressing the needs of students by helping them succeed academically. Many Studies have shown that healthy students learn better.

Do's

- This program will respect the values of the southwest region communities and will respond only to the needs of the community;
- This program will offer age and cultural appropriate sexual information in a safe environment for the youths;
- There will be a tailor made version program for each school developed in cooperation with members of the target community/school;
- This program relies solely on participatory methods;
- This program will be implemented only by trained educators;
- The program help to sensitizes and orientate youth about careless sexual promiscuity and STD.

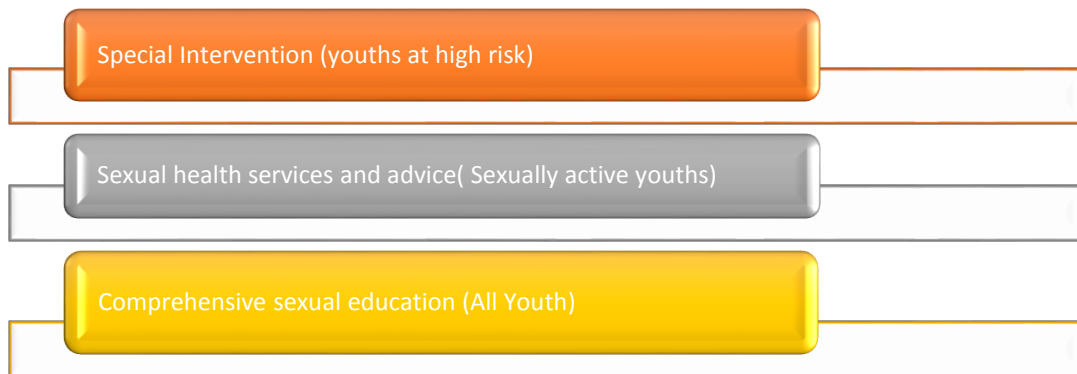
DONT's

- This program does not promote sexual risk;
- This program does not encourage illegal abortion;

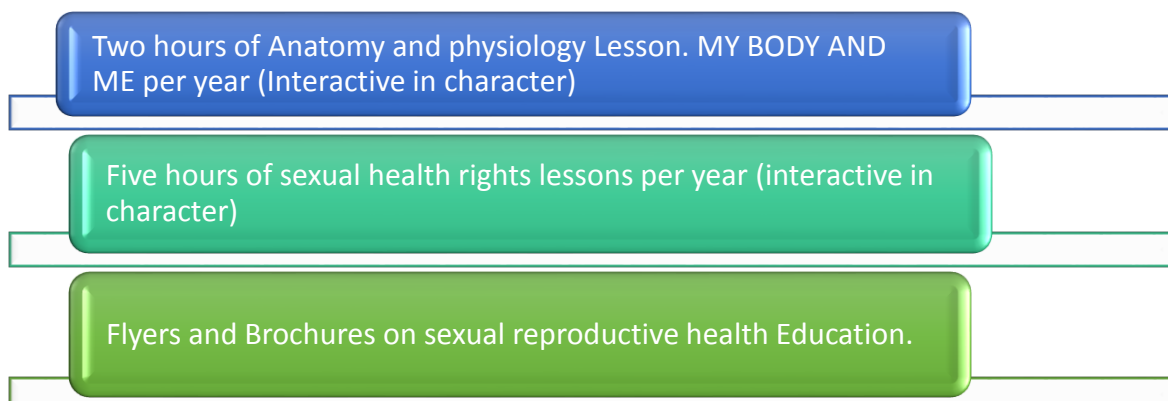
- This program does not neglect or exclude the role of parents in the sexual reproductive health for their children;
- This program does not retail anticonception of any kind;
- This program does not convey false information about the effectiveness of contraception.
- This program does not convey stereotypes about boys and girls as scientific facts
- This program does not compromise the privacy of the youths;

The Program;

This program is divided into three building blocks because BleekerFoundation understands that while all youth may need sexual reproductive health education, some youth may need health services. Youth with top-heavy risk of sexual disparities will be considered high risk and will need a different approach.



Block 1. All Youth: Sexual health education is imperative for the growth and development for all youth. In this Block, all youths of the south west region in Cameroon will benefit from free educational materials, irrespective of their social and economic background.



Block 2.

This block is focus to help and support teenage mothers, who are in school or willing to follow a school programmes. These fellows will receive free academic facilities, such as books, uniforms, school shoes, and free tuition fee.

Aim:

This program aims to use interaction, participation and innovation to pass on valuable knowledge to the youth on Sexual reproductive health and sexual wellbeing. The target group for this program is from 12 and 18 years old.

Our SRHE team:

BleekerFoundation has a functioning board in Cameroon with 5 members. Next to the board members, BleekerFoundation has a small team of two special trained sexual health advisers. These advisers carry out the field work with a minimum of 3 visits per week. Our target is to reach out for 156 schools every year. The team of the SHRE will increase with time depending on how we progress in creating an impact for the service we delivered to the communities we serve.

Actually our prospect is to impact and illuminate healthy relationships, to protect teenage mother and boys from any physical, emotional and sexual troubles or abused. The essence of this program is to sensitize and orientate abandon youth about the consequences of unsafe sex and the problems.

The BleekerFoundation team of sexual reproductive health advisers will visit Secondary schools periodically to provide them with a tailor-made sexual reproductive health education. The SRHE will be faced with the task of educating teenagers on a number of sexual and reproductive health issues that are very common in the society.

Practices that may predispose this age group are as follows,

- Education on anatomy and physiology of the female and male reproductive system
- Prevention of HIV/AIDS in the community
- Prevention of sexually transmissible infections
- Health practices that predispose adolescents to infections.
- Family planning among adolescents
- Personal hygien

Project Location

Our head office in Cameroon is situated at the RHIBMS Campus with two sexual health workers. RHIBMS has been a great supporter of the Bleeker Foundation in Cameroon. The Office is used to support the day to day activities of the foundation. The staff goes out to visit schools and communities within the province, teaching them concerning safe sex and premature sexual drives.

The sexual representative health workers of Bleeker Foundation allow to send letters to the head of secondary schools requesting to visit the teenage youths of these schools and to deliver a package of sexual lessons and the consequences they might be ignorantly face after the process.

Chapter Three:
Project Cost Projection 2016/ 2017

	BleekerFoundation Costs Projection 2016 / 2017	
	Items	Price
	Training and Seminars	€4500
	Office Equipment's	€5000
	Logistics and Transportation	€4500
	Flyers	€550
	Personnel	€5000
	Telephone	€500
	Machine and Equipment	€3500
	Rent	€5000
	other costs	€2000
	Educational Programmes and Training	€2000
	Total	€32550

Table 2

[Source: BleekerFoundation Survey](#)

Donations, sponsoring or gift are the elixir that assists in the smooth running of the BleekerFoundation activities. This allowed the foundation to take advantage of opportunities to grow, employ local workers and in turn support the main stakeholders, the teenage mothers. The strategic use of financial aids instruments, such as donation and sponsorship, is key to the success of the foundation.

The table above provides the financial prognosis, for the fiscal year 2016. The expected budget is made to run the foundation smoothly. However the budget can change over time. The current cost projection is now based on how the project unfolds

3.1 Seminars and Training

Providing seminars and training required time, publicity, place, personnel's and hiring professionals. The costs in the table above is made to cover those costs

3.2 Office Equipment's

Office equipment's are consist of desks, office chairs, computers, stencils papers, printing machine and etc must be established to enable the smooth running of the day to day activities.

Furthermore the other costs mentioned above are there to tailor the project further to the success it entails to bring. And each of these items listed, remains a very significant tool for the establishment of the foundation.