



Adesuwa

Adesuwa

Special Edition Project Days: Adesuwa parents and children learn important lessons about sexual education, family planning and effective discipline

Day 2: Adesuwa saves 2 lives

Dear friends and members of Adesuwa,

This year the Project Day topics were especially crucial for Adesuwa parents and children. Because our social worker, Esther enjoys a very close relationship with our families in Coker Village, both parents and children opened up to her about their very personal questions and difficulties. She reported back to us about the pressing need for information and support on sexual development, family planning and effective discipline.

It was clear to us here in Germany that addressing these topics would have a sustainable effect: preventing teenage pregnancies, encouraging family planning in a country where ... children per family is common and showing alternatives to corporal punishment as a method of discipline.

Esther was able to gain the valuable support of 2 doctors as experts and teachers in these fields. And - because the topics were communicated extensively by the tutors in the classes and by Esther during her visits - the turnout was tremendous!

High interest for
our project days



Day 1

The first day began with Christian and Muslim prayers, followed by dancing performances by selected children. Soon all attendees joined in the dancing, the ice was broken and everyone was ready to listen to the doctor's lectures.

She spoke to both parents and children about sexual development, hygiene and the importance of self-control for both girls and boys. Because many girls are unable to attend

school regularly due to lack of menstrual pads, Adesuwa provided all our girls washable pads.

Girls with their pads



Parents attended a special session on topics like educating their children on sexual development and on planning their own families. The doctors answered many questions during the interactive session. Afterwards, condoms were distributed to the parents.



Doctor lectures on hygiene

The doctor conducted private one-on-one consultations with both parents and students to answer questions and also to offer medical advice.



Private consultations with the Matron

Day 2

Day 2 focused on 2 aspects:

The Matron spoke about parental duties and discipline. Special emphasis was placed on the importance of parental presence in the children's lives, including observing changes in child behavior, communicating with and listening to children's concerns and offering solutions.

Due to the large size of families and the economic stress of providing for them, parents often resort to corporal punishment. The doctors spoke about anger management and how to discipline children using other methods. During the interactive session, parents shared their experiences and issues openly.

The children attended talks about the advantages and disadvantages of social media as well as how to use social media effectively. They received information about developing their personalities and preparing themselves for university and polytechnical education. The smaller children enjoyed learning and dancing activities. The topic of hygiene was deepened and the boys received shaving sticks and bath soap.

The Matron brought medication for the parents she had counseled on Day 1 and continued her examinations of the parents.

Two examinations brought tears to our eyes

One elderly woman was found to have a blood pressure of over 200/100 and additional signs of an impending stroke. She was rushed to the hospital for essential further treatment.

One pregnant woman, the mother of an Adesuwa child, had recently been told by a local health clinic that her baby was dead in the womb. Because abortion was not an option, she would have carried the baby to term and delivered a dead baby. The Matron examined the mother with special ultrasound equipment and discovered that - in fact - the baby was alive and well!

We at Adesuwa are so touched and proud that we were able to **save 2 lives on that day!**

We hope that this report is a further example of the importance of our work - which is only possible with your support.

On behalf of our children, their families and all the Coker Villagers, Adesuwa says a heartfelt "Thank you!"

Your Adesuwa e.V.