



CAPITAL AREA SOCCER LEAGUE

“Integrating social and economic values through sports by creating a proactive health environment.”

CASL was founded in 2002 and operates in Eastleigh, Nairobi. Growing up there involves constantly facing challenges such as HIV/AIDS, drug abuse and unemployment. CASL provides an opportunity for the area’s youth to participate in training, sports and peer education through several programs, such as .



GRASS ROOT SOCCER

“Using the power of soccer to fight HIV / AIDS”



A soccer themed curriculum is used to empower the youth to prevent HIV/AIDS through discussions about decision making and healthy choices. The GRS curriculum is a series of activities that explore issues related to HIV/AIDS, providing the skills to lead healthy lives. It requires active participation and creates a safe (team based) environment in which participant can share their feelings, beliefs and ideas about HIV/AIDS. It is delivered primarily as an after school program in schools and community centers.



Coaches take their teams through 15 sessions that each contains a set topic with one or two short activities. One such session, “My Supporters”, focuses on how everyone needs supporters in life. The group is arranged in small circles. One person at a time stands in the middle leaning against the others, who support him or her with their hands. The group will then discuss stigma against people living with HIV/AIDS and the importance of social support.

A graduation ceremony is held for participants who complete all sessions. Families and friends are invited to witness a certificate being awarded to all graduating students.

WHY THE CURRICULUM IS VALUABLE IN KENYAN SCHOOLS AND COMMUNITIES

In Kenya soccer is the sport that matters. Every town has a team. Players are heroes and role models. Simply arriving at a dusty field with a soccer ball wins instant friendships. The global soccer community has a responsibility in the fight against AIDS. We lead this effort, using the power and popularity of the game to teach AIDS awareness and critical life skills to girls and boys aged 13-18 years. Our curriculum has been on the ground since 2005.



We teach people to teach others

Volunteer teaching fellows, working with Kenyan soccer heroes and 15 peer educators, teach girls and boys how to prevent AIDS. Every soccer field becomes a classroom and youth become advocates in their communities.

Powerful proven results

Our HIV Prevention curriculum is internationally recognized. We reach youth at risk, using words they understand spoken by people they respect.

Independent evaluation has revealed extraordinary findings: Kids exposed to our programs retain knowledge! We know soccer at the professional and grassroots level and this allows us to build trust within communities especially with young people.



2,300 Kenyan graduates and counting



Since receiving training, CASL members have graduated 2,300 Kenyan students.

We are optimistic that with support we will reach thousands by 2010.

Support CASL - place your donation at

<https://www.globalgiving.com/ac/spplen1.html>