



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.

MREMBO GIRLS PROGRAM

“Unveil and restore the inner beauty of young women by use of sports.”

Young women growing up in Kenya must face a wide variety of challenges. Sexuality is a topic that is not openly discussed in African culture, as families often dread to challenge cultural norms and values. Young girls often lack information on how to tackle issues relating to their sexuality and reproductive health. As a result many end up in compromising situations leading to early pregnancies, HIV and sexually transmitted diseases, school drop outs etc.



“Mrembo” in Swahili means “beautiful”, normally reflecting the outer beauty of a person. However, outer beauty does not reflect what’s on the inside. The Mrembo girls program intends to build, unveil and restore the inner beauty of disadvantaged young women age 10-21 in Nairobi’s Majengo and Kiambui slum areas through a series of sports learning activities.

OBJECTIVES

- Empower young women and girls on issues related to their sexuality.
- Explore social challenges faced by girls as they are growing up.
- Encourage women to participate in sports.
- Offer counseling and guidance.
- Create a platform where young women can discuss their issues.
- Enable young women to make informed choices in their lives.

Why use sports?

Sport is a mobilization tool used to convey information, educate and empower through building communication, negotiation and leadership skills. This may liberate girls and women from constraining hegemonic feminine ideals, empower them within their communities, as well as provide positive health and welfare outcomes. Unleashing the productive, intellectual and social power of women will ultimately contribute to overall development – economic, social and political.

A soccer based curriculum is used as an educational tool, implemented by peer educators who also act as role models in schools and community centers.



Topics covered

- Menstruation and Personal Hygiene
- Self Esteem and Peer pressure
- Relationships and sex
- Sexual Assault
- Sexually Transmitted Infections (STI) and HIV
- Early pregnancy and abortion
- Decision Making

One of the sessions in the program is called “Life Choices”. The girls will first dribble a ball through a set of cones. Next, each cone will represent a challenge in life, and there will be a penalty of 5 sit-ups for hitting a cone. The session is concluded with a round of discussions about the similarities between soccer and life - in both one must make the right decisions and deal with challenges and consequences. The coordinator will assist the discussion by bringing up choices and challenges faced growing up.



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