



BeRadical CBO

Y.E.P Programme Guide





*BeRadicalCBO Team members and Crew
Launch Event Nov 2024*

Youth Empowerment Project

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Our Youth Empowerment Project has created the opportunity to develop these programmes for the benefit of the youth of today and young adults of tomorrow, with the intention of offering experiences and educational content that will enable them to achieve and thrive in many areas of life. Fun activities, challenging them and engaging students in personal development and educational support systems. We also very much want to showcase the talents and skills of many members of our team, whose skills and efforts makes sure we run exceptional and innovative programmes with content that celebrates enthusiasm and

great value for the history of our nation and drives forward reasons and ethics to encourage individuals to take pride in themselves and be responsible for their own futures.

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**Education is the passport to the future,
for tomorrow belongs to those who
prepare for it today.**

-Malcom X

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**Encourage, Inspire, Enjoy
Everything!**

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As we have been doing, we must continue to build on positive experiences and we must enjoy the things we do so we can develop programmes for others to enjoy. It's so important that education and enjoyment are very closely paired, the more you enjoy what you do the less it feels like work or learning.

Creating an environment for learning that encourages the best results from any individual or group

involves trust and passion, the children must trust that we are knowledgeable and also passionate about what we pass on and that the experiences are valuable to them and the future. This guide will set out the tone and motivation for each programme so supervisors can deliver with confidence the kind of sessions that will help build a strong brand for the CBO and its members, step by step we will continue to bring new and exciting elements that add depth and detail to all of our programmes using ideas and additions from members.



Mission Statement

Empowering young people with skills, knowledge, values and experiences that help enhance their individual development and address the need for group activities that encourage teamwork and positive relationships.

Providing safe spaces for young people to participate in community engagement, discuss topics that are critical to their emotional and psychological wellbeing and learn from each other's stories.

Activities & Programmes

All programmes listed here will be ongoing and expanding as the year goes on, using our existing schedule at Lea Mwana and also at venues in Malindi to help reach the wider community and reach our internal and external goals. It's now the responsibility of the supervisors to ensure the standard of the programmes is maintained and that we improve and develop programmes and support systems according to our values and ethics. Junior members should be supporting your sessions and you should be passing on knowledge for them to help actively assist and then develop their own programmes under your close supervision.



Pictures taken from activities and events of 2024

Taking the time to review and self reflect with all sessions on how to improve or if they are having the required effectiveness with the children and young people, make changes or seek advice from management and the creative team of directors to ensure confidence and clarity

with all elements of your programme. Being a responsible and competent leader involves good observation of the environment and a good understanding of each individual, being self aware will also enable you to make decisions that are positive for the outcomes we want to make happen. Patience and planning will help to ensure that you remain focussed on the objectives and deliver sessions that have real impact and get results.

Acrobatics and Gymnastics

Safety is going to be the key focus with this programme and teaching the children and young people about how to follow instructions relating to safe practices and injury prevention. Each session should begin with safety protocol, going through all the details of health & safety with them and going over the rules of the session. Safety equipment should be present at all times and if accidents do happen we should have a first aid trained team member present, all supervisors will be first aid trained and most sessions will include 2 or more team members. Safety includes stretching or warming up the body prior to any practical activity and having water available for drinking breaks.

Make sure all sessions are well planned and that the groups are always well attended by the supervisors and members of the CBO running or assisting the programmes. The children should never be left alone during the activities and must be safeguarded at all times to ensure we are not putting anyone in danger and we are responsible to our duties to the safety and wellbeing of the children.

Start with easy exercises and build up to more complicated techniques and tricks showing the children the safest way to execute them and also stressing the importance of doing the right exercises to avoid any injury. Show videos and use music and dancing to create the

movement you need to prepare for the balance, focus, strength, discipline and performance that's involved in the art form.

Engage the children in designing their own costumes or team names and discuss experiences you have from work you have in other countries or around Kenya. Explain the opportunities they can have to travel and go on cruise ships or for big travelling shows, to start their own teams or teach acrobatics to others.

Invite other acrobats to join for small demonstrations or to help expand the programme and cover more venues, create opportunities for you to showcase talents to the community and fundraise at these activities to help support the CBO, the children and yourselves. Offer your talents to hotels and other venues to generate income and share the plan of others about our programmes and the CBO, promote and create as many opportunities to show off what we are doing as possible.



Agriculture

Teaching the children about agricultural activities and the importance of food production is essential for developing interest and knowledge about how to support themselves and remain healthy. Producing your own food allows you to become self-sufficient and fully provide for a family or create personal income. The process of preparing the land, planting the seed, protecting, watering and caring for the crop is a beautiful journey that begins with the intention to connect with

nature and nurture something that will give nourishment and bring life. Creating that bond with yourself and the land is an ancient practice that brings so much joy and happiness once you have an opportunity to benefit from those efforts and reap the rewards, eat the produce or process and sell items, it offers a freedom that leads to good health and even wealth.

We will include as many details and insights into the processes and practices of agriculture and food production, spaces needed for planting different types of plants and trees, how much water and nutrients they need to reach peak maturity, when to plant, how to plant and many other factors that will contribute to a wide spectrum of knowledge. Encouraging them to take pride in the process and enjoy the rewards, allowing them to take responsibility for learning about the most important elements of agricultural practices, choosing what they want to plant or what they would like to learn about next. Creating as many opportunities for them to engage in the activities and practices, discussing the role of animals and wildlife in the process of producing food, what tools can be used, when and how to harvest the items and how to make it profitable if you decide to sell.

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**Until you dig a hole, you plant the tree, you water it and
you make it survive, you haven't done a thing!
You are just talking...**

-Wangari Maathi

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Land Preparation – Minerals and nutrition for the land or soil. How to make sure the environment for planting and growing remains healthy and free of pest or infestation, protection of the grow and good maintenance practices. Moisture levels of the land and how to irrigate or hydrate the soil, adding any nutrients or minerals necessary and the different types of natural fertiliser available. Fish, insects, egg shells, fruits and vegetables and other options are all great ways of using naturally created fertiliser. How to prepare channels or areas to separate the crop and different ways of using the space available, measuring areas and planning where to plant.

Planting – Where and when to plant the seeds or seedlings or spruces, how to develop these different stages of growth before planting. Using greenhouse or bagging methods to assist in the initial process of growing the seeds, explore and experiment with different processes to add variety to the sessions. Tools needed and when to water crops, how much water is needed and if additives should be used to encourage healthy and strong produce. How to protect the plants and seeds or seedlings before and after planting and how to keep the crop pest free, using environmentally friendly options to prevent damage to the wider ecosystem. The importance of animals or how they can aid the process to encourage growth or get rid of pests and prevent potential diseases that can cause damage to your garden or farm.

Caring for the crop – Detailed information about staying attentive and keeping a good record of the different process of development and production, maintenance of routine and when to change that routine to encourage a good harvest. What the time frames are between different stages of development and what to look out for to prevent irreversible changes that might ruin the crop from taking hold and spreading around. Some people like to talk to their plants or play them music. It's scientifically proven to help the plants grow better and remain healthier so it could be exciting to do experiments with the children to make things fun and engaging. Also teaching them about different concepts and techniques, practicing open mindedness and newfound

awareness that will spark their imaginations and make their experiences broader.

There are many scientific elements you can explore in the sessions and use lots of different methods or tools to help create new and exciting content for this programme. Make sure to teach them everything you know about cassava and everything we know about Giraffe Bioenergy and the importance of projects like this that encompass helping others and making a difference to the future, many of them may go on to create or be part of projects like Linda's and we want to inspire and support the potential of these journeys. Encourage questions and discussion within the group and learn from the children and each other to create a conversation about positive change and how we achieve this together.

This is also a great opportunity to stress the value of teamwork and working together to achieve a common goal, planning and good preparation, then careful execution will really help make sure results are fruitful and successful.



Arts and Crafts

This programme can be as wild and adventurous as possible, it's a real opportunity to create and make some really beautiful or interesting Artwork. Encourage the children to develop their skills for drawing and using colour, let them use their imagination and full creativity to produce expressive pieces that have meaning to them. Characters they like and things they enjoy, dreams that they have or fantasy pieces.

Create tasks for them to follow or allow them to have free space to explore their own ideas but most of all allow them to really immerse themselves in the process, use music and other elements to create atmosphere or to track time. Create plans for the wall at Lea Mwana that remains blank by the garden, inspire them with nature and natural resources and create diverse challenges to add extra layers of creativity to sessions.

Educate them about artists and potential role models, people that they can gain insight and inspiration from or inspire them with details and introductions to those who you admire or look up to in the art world. Use cultural references and African history to inspire them and use colours to create patterns inspired by their own experiences and ideas about African culture. They can draw and paint each other, maybe do face painting and other activities like tattoos or henna, use the sessions to create some focus and peace but also make them buzz with creativity and excitement.

Research works by allowing people that might inspire you to give directions and encouragement into the sessions and use history and culture to help add educational value and depth to the planning of these colourful and playful experiences, the art world is rich with new activity and lots of powerful classic characters that have led the way to some of the more eccentric things we see today, use these

classic influences to inspire the sessions and keep the interests of the children and the standard high.

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**The goal is to create the world you want to see...
That is always always always
a challenge.**

-Luis Alfaro

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Basic Preschool English

Led by a variety of members from the team and involving the junior volunteers very heavily, this programme will prepare the small children that are not yet at school or possibly in the first year of school or up to even up to seven if they are struggling to learn and use the English language.

Assess the needs of the children and group by using simple and fun exercises to determine the skill set and their existing knowledge, then using pictures, story books and videos to help guide the sessions. Split the group if you need to into smaller groups of similar ability and set tasks or fun games to help them learn the details of the session. Be sure to do seated activities as well as including movement and play into the sessions.

Keep sessions simple, short and interactive, each session should last for about 15 or 20 mins and then some break or games activity should take place to allow them to move around and get rid of energy. Using

English for instructions as much as possible to reinforce the teachings and objectives of the programme.

Engage the children in another seated activity on the carpet or in a circle and get them to share words or sentences in English they have been learning and encourage the group to listen and show respect to the others when they are speaking or attempting to share their experiences.

Prepare and create picture cards that you can use for each session and add new ones randomly to catch the children out and encourage critical thinking not just memory based recall. Use short sentences and instructions and then expand on the length and vocabulary used when speaking to them. Correct them as necessary but always be encouraging and be sensitive so as not to make them feel uncomfortable or anxious.

Colours, daily and essential objects, clothing items and items around the house, relationship titles (mother, brother, friend etc), days of the week, months of the year, holidays and special occasions, seasons and weather patterns, natural features like plants, animals and insects... These are just a few examples of words and things you can use to help build your own sessions.

Black History and African Culture

For each session choose a couple of figure heads to discuss and use as examples of honesty, honour, integrity and respect. Show them through history and the celebration of African culture, be clear that they should be proud of their ancestral homeland and the beautifully rich history of the nations.

Encourage every member of the programme to be proud of their own individual heritage and celebrate the different cultures and nationalities of the group. Ask about family histories and suggest the children and young people discover more about their own families.



Show examples of prosperity and peace, strength and stability, innovation and creativity, solidarity and cooperation anything that displays the possibility of hope and success of black African people. Kings and Queens, revolutionary leaders, speakers and voices of the people and anyone who has done anything positive for the world and their communities. Use examples of people who have invented clever products and everyday items or written films, created music or released books that have helped inspire change and positivity for the future generations to come.

Use historical events and stories to reinforce the examples and concepts you are delivering and do as much research as possible to get inspired by the stories before engaging the children and young people. Use various methods to create understandable and meaningful content for different age groups and genders, celebrate all the amazing things that people have done, are doing now or are planning to do.

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Try to incorporate this into elements of all the programmes we operate so we have consistency throughout and the message of empowerment stays strong with all sessions and members.

Basic Mechanics and Engineering

Showing the children and young people how to fix and maintain bikes, developing knowledge around how basic engines and motors work. Combining knowledge of gear systems and engineering practices so they can apply knowledge to their own personal lives and in the workplace. Using BodaBikes and even TukTuks to show the children and young people how to make basic repairs and explain the operation of the different elements of the vehicle, teach them about maintenance and keeping the parts in good working order. Model vehicles and model engines are also a great tool to demonstrate the nature of moving mechanics, keep it simple and engage the minds and imaginations of the young people paying attention to areas that interest them more and build on those when possible.

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They can design their own dream vehicle in one of the art sessions to help them bring their ideas to life, set challenges and even get them to build their own vehicles at some stage. Using model designs first, creating working models from materials and resources and engineering their own examples of technology.

Explain and describe different types of engineering, hydro engineering, chemical engineering, bioengineering and other technologies that will inspire them to develop ideas and concepts or decide to pursue further education and eventually a career potentially. Use videos and pictures of innovation and design to give them visuals and exciting elements to each session, the more creative and interesting the better.

Use examples of current and past engineers and those who have developed ideas that give us the technologies of today, choose different people to study and use as inspirational tools to help guide the sessions. Make the variety of sessions exciting and keep records of what you have already covered so you can always call on new characters to demonstrate the diversity and design features of inventions and concepts.

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**The road to success...
is always under construction.**

-Lily Tomlin

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Set projects for them to complete independently or with friends, family or at school, get them thinking about how to improve existing technologies or create brand new versions of things that don't make sense or work that well.

Chess and Psychological Challenges

Chess, checkers, playing card games and other activities that require brain power, critical thinking, strategy and learning new rules and concepts can feature in this programme. Playing games and using the mind to solve problems and overcome obstacles is essential for the reality of life and can be fun, exciting and help build new friendships and relationships with others that have similar shared interests.

Developing patience and other essential life skills to help promote healthy brain activity, increase its functionality and provide a positive pass time to practice attentiveness, focus and better judgement. Using this time to discuss topics of interest with the children, learn more about them and what motivates them, engage in

conversations with guidance and responsible reasoning. Help them develop the approach to life through games and activities that help them face future challenges and solve personal or life problems.

Environmental and Ecological Health Awareness

This programme will encourage the children to connect with nature and how to improve the natural environment around them with knowledge of plants and trees and the importance of maintaining an ecological balance between nature and human existence.

We will focus on respect for the environment and ecosystems, respect for animals, wildlife, sea creatures and other species that all serve a very important function in the delicate balance of nature. The function of bees, birds and other insects, how the ecosystem is vital to survival of humans and about biology in the ocean that helps keep the planet clean. So many elements ensure that we survive and we should teach the next generation about the dangers of bad practices and the detrimental factors that contribute to the damage we have caused. Appreciating all aspects of the planet and how it serves us with everything we need.

Conservation and environmental protection, working with KWS and EcoWorld Watamu to ensure we stay updated with all aspects of conserving the environment, preventing climate change and protecting our planet from extinction due to the poisons of pollution. Standing with other organisations that hold similar and strong values about sustainability, doing beach clean ups and repurposing the materials collected, staying educated and proactive about new and emerging technologies and ideas that will benefit the environment we aim to collaborate and improve our planet and the natural features.

Attend all meetings and training sessions we arrange with outside organisations so we maintain good relationships and a positive image to our peers, collect experience and knowledge to help assist the programmes to reach a wider audience and help prevent the reckless destruction of the environment.

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**Look deep into nature, and then
you will understand everything better.**

-Albert Einstein

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Growing together with nature and the environment we have a better chance of survival. As the population continues to increase the reality hits, the more people we have the food we need and this has its effects on the environment. Understanding the sensitive workings of the environment will help secure a better future and remind us to remain focused on avoiding destruction and spreading disease. We must prepare for challenges and be part of the solution today.



Football, Netball and Sports

The whole team will be involved in this programme offering expert coaching in sporting and activity management, encouraging teamwork and providing positive experiences within the sporting arena.

Communication and positive interactions will be very much a focus while developing skills and understanding of the rules and procedures of the game or activity.

Create opportunities for competitive sessions with outside organisations and the community, reach out to sports leaders and groups who might be interested in setting up tournaments that we can use to network and fundraise at potentially. Create relationships with others so we can develop our community involvement and satisfy the passion for sports and competition for the young people and children.

Developing individual skills and building the confidence of each member, encouraging good sportsmanship and maintaining a good attitude towards other team members or teams is essential. We want to provide opportunities for them to have fun and take pride in themselves and also have good communication skills and well balanced attitudes when taking part and working with others.

Discover and celebrate the amazing and talented sports people of today, discuss interests in other sports that we are not necessarily running, ask them about their interests and share your own. Take notes and consider future opportunities to develop and expand the programme by listening to and observing the children as they express themselves and share with you details of their ideas and experience.

Encouraging members to be aware of details about sporting role models that give recognition to their good character, sports personalities who help others and those less fortunate. Discussing ideas about sponsorship opportunities and potentially getting a scholarship to professional club academies, really help them realise their potential and offer your support and motivation for all the things they have passion for.

Be the kind of role model you always needed or were even lucky enough to have in your life for the next generation and facilitate their development physically, psychologically and emotionally during sessions.

Hospitality & Hosting Events

Event hospitality and hosting is a skill that can be transferred to many different job roles, teaching customer service, good manners, positive image, being responsible for your time and efficiency, skills involving organisation and great communication, this programme can really help prepare the children and young people for the world of work and provide them with opportunities that they have already had the experience to excel in.

Hotels, cruise ships, restaurants, shops, any customer facing role in businesses of all kinds require people with great hospitality skills, it takes time to get them right and for them to feel comfortable and authentic. Smiling and greeting people with genuine enthusiasm is something that requires practice and time to perfect.

Developing the ability to hold conversations with strangers is a very useful skill in the workplace, preparing the children and young people with confidence to shine and be outstanding if they decide to pursue this kind of career. Even if they don't they will be learning transferable skills and experience that will help build their own character and help them to hold strong positions socially with their peers and also with the potential employers in any industry.

Give them details, knowledge and experience about how to run your events and keep guests happy and returning again and again. Often your guest won't necessarily care what colour their carpet or wallpaper is, or what greeting you give them each day, but they'll certainly care about and notice how they feel emotionally during and after their stay. It's all about the experience and whether you have engaged them on the level they were hoping for. We want to teach them empathy and compassion for others, to inspire passion for people and an interest

in the experience of others in an event or social setting, while being hosted.

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**True hospitality consists of giving the
best of yourself to
your guests.**

-Eleanor Rosevelt

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LoveSckool

Gertrude will team up with Linda, Joy and Jostinah to do sessions with the girls of all ages in groups to help share information around protecting themselves from bullying, abuse and toxic dependence.

We will call this LoveSckool, a project that is being developed in the UK as a therapeutic service concentrating on self respect and compassion, self love and celebrating strength of character to help build an inner confidence and self belief system. Enabling high levels of self esteem that will contribute to one's ability to support themselves and make positive choices for themselves and the families they may have in the future.

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Prepare them for the harsh realities in life they will face and give them skills to help manage these social, psychological and sensitive situations the very best way possible. Give them examples of female empowerment and the strong spirit of their ancestors, show them pictures and videos that will reinforce the message and help them develop the drive to achieve independently and effectively. We promote self care and self awareness and self love without being selfish but always doing what's best for your own protection.

Give advice on personal hygiene and physical health, protection and birth control options, the importance of being a responsible parent, how to make responsible decisions and what to consider when choosing to start a family, education about inappropriate behaviour and how to avoid or deal with advances and pressures from superiors or employers. Let them know that it's never their fault when people make them feel uncomfortable but if they allow themselves to fall into a trap or don't have the confidence to step out and take action or tell the

right person that can help, it will only get worse and more dangerous for them.

Use music and physical activity to destress and decompress before, during or after sessions. Sing together and share stories about situations that they need help with and give advice that includes all the teachings we develop, always allow them to feel heard and encourage them to share with each other in the safe space of the group or outside. Reading materials that are inspiring and helpful are also a good tool for sharing and understanding, allowing them to connect with characters that have maybe been through similar struggles or challenges, people just like them who have made it through and become accomplished individuals in their own right.

Mr Brown, Daniel, Chris, David, Sharif and Erick will deliver a similar programme for the boys, maintaining the same essence of standards around self care but including elements of respect for women and children, raising a family, starting a business and being a responsible father, adult and human being.

Discuss different topics that might appear in the news or headlines regarding abductions and disappearing wives or girlfriends or what kind of toxic relationships lead to abuses of power. The dangers of drinking, drugs and crime, hanging around with the wrong crowd or trying to impress people who don't actually care about them and never will. Show them videos and talk about what people in their lives they want to be like or look up to, encourage them to care for and look out for each other and always show respect and patience to others.

Respect and positive interactions will be the main areas we concentrate on, paying extra attention to respect for women, children and themselves. Using positive and constructive language, expressing ideas without being intentionally offensive and creating a safe space for discussion about topics. This is a selfless programme, adding value to the community and relationships that will be established now and in the future.

Use music for meditation breaks and include exercises or activities to allow them to move around before or after the meditation breaks. They should be sitting or laying down and have their eyes closed for 5-10 mins, longer if they can agree to it and really get them to focus on a feeling or a goal or something that bothers them. Talk with them as a group about the journey of processing and dealing with emotions and problems, let them meditate and let go of the stress or personal issues. Encourage them to stay still and silent during these sessions and work on developing their inner peace with the group, lead the sessions with a calm and approachable attitude. At some stage we will do mixed groups working on activities and sessions that combine all aspects of the two separate lessons, looking at what has been learned and how to apply these teachings in mixed settings. Allowing natural interactions but leading with ethics and values from the individual teachings of each programme. Developing tolerance and inclusion, understanding and communication, compassion, empathy and other qualities or attributes that will encourage them to grow into healthy and happy young adults.



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**You yourself, as much as anybody in the entire
Universe, deserve your love
and affection.**

-Buddha

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Musicianship and Performing Arts

Choir master Chris and our dancing master Samuel have done a wonderful job of bringing to life the ideas and visions for this programme, now with support and assistance from other team members who have musical experience and passion for performing arts. Working together was a really good collaboration last year and we want more teamwork so we can develop this programme to its full potential. The male influence in this programme is essential for its success and to show inclusivity for the young people and children. We also want the women to be very much involved in developing areas of this programme to allow for harmony to blossom and so that positive working relationships are displayed for the audiences to witness and the children to be part of.

For really fantastic results to flow through the history of this organisation and include all elements of musical and artistic performances to be involved we really need to come together and support each other. Combine ideas and sessions and make it really special for the children and yourselves, combining singing, dancing, playing instruments and performing in front of an audience in any

creative or artistic capacity, give them as many creative experiences to enjoy while adding personal value.

Including members of the orphanage who have choreography and dance experience to bring to life the experience of culture and expression through music, dance and performances. Offer them opportunities to create their own performances and diverse experiences, allow them freedom to express themselves and their ideas and dreams through performance. Help them plan different combinations of routine and choreography, support their ideas and make gentle suggestions as needed. Work closely with them to encourage the development of positive working relationships and create positive experiences by collaborating to make these ideas come to life.



Incorporating all the different perspectives and styles of expression to allow all the participants to get involved and have a chance to share their own personal passions. Put together performance pieces that tell a story and showcase all the talents of the team and group, use music and culture to represent the best bits of Kenya and the vibe you guys can bring. Celebrate everything musical and make performances packed with twists and turns and exciting moments to really engage the audience and young people taking part.

Have discussions about their favourite artists and performers and give them opportunities to do personal projects that they design independently or as part of a group. Guide and assist them as needed and be there to support their choices, try not to criticise or make them feel uncomfortable about expressing themselves and their ideas.

Encourage the group to share these personal projects and celebrate them with the team and group. Things like showcases and talent shows can really help to build the excitement for the children and young people in the group and encourage all members to support each other and be respectful. Create opportunities for the community and parents or families to come and watch the show and for the groups to go out and perform for the community or even at booked venues pre arranged by the team.

Create your own performances as supervisors for the children to use as inspiration and examples of confidence and competence, create small showcases from the team to help give them confidence and to connect with them on a creative level. Show them that being confident and engaging and enjoying the performance helps to improve the experience for the audience also, give them firsthand experience from yourselves on how to rock the crowd.

Use instruments and the keyboard to show them different notes and keys of music, watch videos and use pictures as a reference or for examples. Try to give them time and space to learn and develop their own styles and techniques, teach them classic techniques and let them



practice. Use cultural instruments and influences with world culture included to cover different varieties of sound, be creative and give them a chance to make their own instruments or create their own designs. These can be painted on at an art session and always do your best to include elements from other programmes into the planning of your session.

The more creative and fun these sessions are the better they will work and the more they will inspire others to join the groups,

encourage the children to tell friends and include others from the community to get involved and enjoy themselves with our music and performing arts sessions.

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**One good thing about music, when
it hits you, you feel no pain.**

-Bob Marley

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Personal Passions

This programme gives every member the chance to create a schedule for their own programme, develop and share with each other all the things that really interest you and make you happy. Anything you enjoy that is child friendly and can be adapted into an educational experience and a fun activity is welcome to be added to the list.

We will include many different types of activity into sessions that allow the volunteers to really share with the children and young people at the orphanage and the community, all the things they are passionate about and why. Giving inspiration and opportunity for the children and young people to share their own passions and interests, helping to develop safe practices and inspiration for pursuing their dreams.

At first maybe add some of your own personal passions into the sessions you are already working on, spend time expanding on the knowledge and experience you have so you can work on adding extra value to the content of the activity. For example, adding graffiti or social art to the sessions, designing cultural fashions or experimenting with different materials that interest you. Give creative assistance and all ideas are good ones when you can work together to bring a child friendly and educational aspect to whatever you are passionate about.

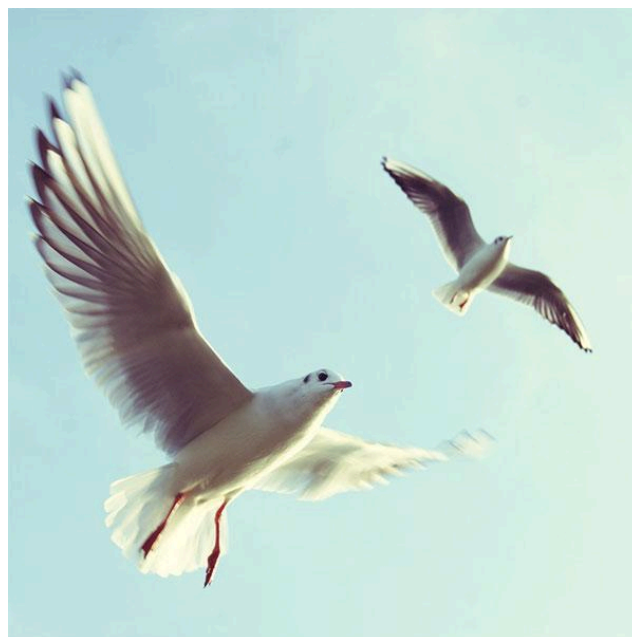
Thinking outside of the box and incorporating ideas from movies or books and shows into your programmes, adding extra details to the performing arts and personal expression programmes. This is the area to develop your own ideas and bring to life your dreams for others to enjoy, while you facilitate a positive experience for others. Ask supervisors and managers if you are unclear about how a subject or passion might connect with another programme, then we always have inter working relationships between programmes and ensure that they compliment each other, harmonising together as a full family featuring elements of each other and familiar concepts throughout.

Plan fun and engaging presentations for each other and then the children and young people, practice adding different aspects and ways to make these presentations as dramatic or powerful as possible. Demonstrate how your passions influence your own lives and how the community can benefit from people sharing and following their own personal passions. Encourage the children to develop their own presentations and demonstrations for the group and include them in your own planning, always asking for their opinions and thoughts.

Social Care and Safeguarding

Social Care

So we can have the highest level of understanding when it comes to the wellbeing of the young people and children, we are prepared and have been proactive when designing our programmes and are genuinely taking steps because we care about their personal needs and what's best for them. Weaving elements of holistic and therapeutic awareness into all programmes we also want to be reminded of the importance of social care and attention. To really get a better understanding of each and the individual background and needs, we are creating folders and records of each child for our internal reference, for visitors,



authorities or family members to see and because we take our responsibility seriously and are committed to doing our best to support these children and young people to become healthy and happy young adults. Work together to support Jostinah and Loreen, Linda and Getty to help identify the key features of information that assist the personal development of the children and young people on the programmes and be aware of their wellbeing and changes in character.

Safeguarding

Safeguarding the children is always a priority and something all members must take seriously at all times. It's our responsibility as caregivers and caretakers to make sure we always do our best to protect the young people and children, looking out for signs of neglect and/or abuse. It's our duty to the constitution and code of conduct to always make sure our own behaviour is to the best standard and the we don't fall into lazy or bad habits, we must be well trained and prepared to look out for anything that doesn't sit well with our own ethics and standards to do our best to prevent further trauma.

Summary

All activities will be delivered with positive attitudes and opinions towards the children. We will create safe spaces for learning and development, spaces where children will feel comfortable to express themselves and make responsible choices, while being able to communicate how they feel about themselves, the environment and others. We will always consider the importance of safeguarding the children and put their safety and comfort above all other things when delivering and developing the programmes, remembering that they are sensitive and vulnerable. Our goal is to provide them with the best care and protection, while adding value to the experiences they have on a day to day basis. Educating them around how to be a responsible and trustworthy citizen, contributing to the economy and community, engaging in community activities and services, positive parenthood, maintaining positive mental health and respect for the personal values and ethics of others will feature heavily throughout our programmes

and be carefully weaved into our sessions. We do this to attempt to avoid the continuation of negative cycles that have led to some of the situations and circumstances of those in the orphanage and in the wider community. We intend to achieve the goals we set and are committed to the process of positive change, allowing them to grow and thrive in a world where options can be limited without the educational and social support that we will be providing.

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**Nothing is impossible, the word itself
says I'm possible!**

-Audrey Hepburn

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What is safeguarding?

Safeguarding is a set of policies, procedures and practices employed to actively prevent harm, abuse and distress.

BeRadicalFoundation Uk and BeRadical CBO Kenya, adopt safeguarding practices within our organisation to ensure our employees, volunteers, partners, vendors, and other representatives do not deliberately or unintentionally harm or abuse children or adults in affected communities.

What is child safeguarding?

(details on the following page)

Child safeguarding is specifically focused on preventative actions to ensure that all children are protected from deliberate or unintentional acts that lead to the risk of or actual harm.

The goal of child safeguarding is to create and maintain a safe culture that is child-focused and community-driven through sustained and meaningful engagement with children, their families, communities and all representatives.

At BRF and BeradicalCB0, adopting and practicing child safeguarding is our commitment to be a safe organisation for children. The Child Safeguarding Policy and its procedures, along with the Code of Conduct, are the foundation for safe programme standards, which reflect the organisations commitment to first prevent harm and abuse, and then report and respond whenever concerns arise.

What is the difference between child safeguarding and child protection?

Child safeguarding is about making BRF and BeradicalCB0 safe for children. Child safeguarding refers to a set of policies, procedures and practices employed to make a business safe for all children they work with.

Child protection is about making the world safe for children. It refers to actions done to protect specific children from concerns of risk or harm.

At BRF and BeradicalCB0, we safeguard the children by adopting holistic approaches to meet the social and legal protection needs of children and their families within vulnerable communities.

Why do we need child safeguarding?

Child safeguarding is important because when trust is exploited and standards for safeguarding children fail, immense damage is caused with long-term effects on the lives of children, their families, and

communities. Abuse can take many forms and its effect on a child's physical, emotional and mental health can be severe and long lasting.

We need child safeguarding to ensure that children's rights and well-being are at the center of everything we do.

Why is child safeguarding training important?

Safeguarding training is important to ensure that all staff at every level of the business feel empowered to protect children and report violations. By providing training, businesses will help to promote a culture where safeguarding concerns are taken seriously, reported and addressed.

BRF and BeradicalCBO members and representatives will be trained annually on child safeguarding. We have a zero tolerance policy for child abuse and take all reports seriously.

This is our Policy

Child safeguarding is about making BRF and BeradicalCBO safe for children.

Our child safeguarding policy reflects BRF's and BeradicalCBO's commitment to first prevent harm and abuse, and then report and respond whenever concerns arise. It applies to staff, representatives and third parties, who come into contact with children or impact them through our programmes.

BRF and BeRadicalCBO's safeguarding policy is made of up four key principles:

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- **Awareness and Training:** All representatives receive training and contextualised support in order to prevent, report, and respond to safeguarding concerns.
 - **Prevention:** Through awareness raising, implementation of procedures, and good practice, representatives demonstrate an understanding of the risks to children within and across programs and operations, and engage effective strategies to mitigate harm, abuse, and exploitation.
 - **Reporting:** All BRF and BeRadical CBO representatives know how to report and who to contact when any concern arises, no matter how seemingly small or trivial.
 - **Responding:** Engage in action that supports and protects children, with a child driven approach, to address concerns and ensure children's well-being.



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With passion and a plan, good practice and patience,
teamwork and tolerance, we can change
the world one step at time.

With love and joy, compassion and care, its
possible to to have positive impact
and be part of building a better future
for everyone!

-BRF and BeRadical CBO

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Members of the BRF and BeRadical CBO family and team from 2024

