

*THE LET CEREBRAL PALSY  
KIDS LEARN FOUNDATION*

# BUILDING RESILIENT AND INFORMED TEENS WITH CEREBRAL PALSY

**10th August 2024**



*PREPARED BY*  
Tobiloba Ajayi  
Chief Responsibility Officer

# PROGRAM OVERVIEW



The Building Resilient and Informed Teenagers with Cerebral Palsy Project was conceptualized in 2023 and executed for the first time in 2024 with funding from Worship For Change.

The project was designed to give teenagers with Cerebral Palsy access to the information that they need to stay safe and resilient as they grow into adolescents and young adults.

The project provides the selected Teenagers and their caregivers with knowledge and information on topics like: Sexual Reproductive Health, Mental Health, Career Planning and Self Awareness and Self Advocacy.

This project is important because in the course of our work, we have had the privilege of watching our clients grow from childhood into adolescence, but without the requisite knowledge and preparation that comes with growing up.

# PROGRAM OVERVIEW



This is because many caregivers lack the knowledge and capacity to provide the information to their children and adequately prepare them, because they themselves have no idea what preparation should look like.

This leaves these teenagers vulnerable to abuse, mental health breakdowns and more, due to the absence of self awareness and the ability to self advocate.

There were two separate learning centers- one for the parents and one for the caregivers. Sessions ran concurrently in each learning area.

There were a total of 8 sessions facilitated by 4 speakers.

Both learning areas had sessions on:

- Mental Health
- Sexual Reproductive Health Rights
- Career Planning
- Self Awareness and Self Advocacy.

We also provided an excellent team of volunteer caregivers who provided support for the teenagers so that their caregivers could concentrate on learning.



# THE CAREGIVERS MENTAL HEALTH/ SELF AWARENESS AND SELF ADVOCACY



The first session in the parent's Learning area focused on 'The Caregivers Mental Health'. This was facilitated by Mr. Farouk Thanni. This session focused on strategies that caregivers can use to ensure they are in the best mental state as they provide care to their children. It was also an opportunity for many parents to unburden.

Concurrently, in the Teenagers Learning Area, they were taking a session on Self Awareness and Self Advocacy, facilitated by Ms. Tobiloba Ajayi. This session focused on the teenagers learning to identify for themselves what their likes and dislikes are and communicating them respectfully.



# UNDERSTANDING YOUR SEXUAL REPRODUCTIVE HEALTH RIGHTS/SUPPORTING CAREER OPTIONS



After a short Tea Break, the second sessions commenced. In the Teenagers Learning Area, the second session focused on 'Understanding Your Sexual Reproductive Health Rights, and this was facilitated by Ms Tobiloba Ajayi.

This session focused on ensuring that the teenagers understood the difference between good and bad touch and what to do if they were being sexually groomed or assaulted.

Concurrently, the parents were taking sessions with Ms Amaka Mokwe on Supporting Career Options. This session focused on equipping the parents with the tools to support their children to choose sustainable careers and succeed at it.

This is to ensure that the teenagers are able to live independent lives in adulthood.

# PROTECTING YOUR CHILD'S SEXUAL REPRODUCTIVE HEALTH RIGHTS /BUILDING RESILIENT MENTAL HEALTH



The next Session with the parents, focused on Protecting Your Child's Reproductive Health Rights. This was facilitated by Dr. Abosede Lewu. The session focused on equipping parents with the tools to ensure that their teenagers with Cerebral Palsy are protected from Sexual Abuse and their Sexual Reproductive Health Rights are protected.

Meanwhile, the teenagers were taking sessions with Mr. Farouk on Building Resilient Mental Health. This session equipped the teenagers with the tools to protect their mental health as they navigate the unique challenges of growing up with Cerebral Palsy.



# CAREER PLANNING/SUPPORTING SELF ADVOCACY IN YOUR TEENAGER



The final sessions focused on career planning for the teenagers. This was facilitated by Ms. Amaka Mokwe. The session focused on allowing the teenagers to dream about what they wanted to do in the future and map out the unique steps that they need to take to get there.

The goal of this session is to remove the limits placed by society and sometimes, even family members on the minds of the children and encourage them to dream big dreams and be empowered to chase them.

While this was going on, the parents were having a conversation with Ms. Tobiloba Ajayi on Encouraging Self Advocacy in their Teenagers. This session was focused on showing the parents, the many ways that they were entrenching learned helplessness in their teenagers.





# CLOSING



The day rounded up with the teenagers networking session, where the teenagers were able to make new friends and find common ground.

Each Teenager was also presented with a gender specific Hygiene kit and both Teenagers and Caregivers were presented with Certificates of Participation.





# EVENT STATISTICS



The budget for the event was N1,800,000.  
Worship For Change sponsored this event.

**There were a total of 35 Participants at the event .**

9 Parents/Caregivers  
10 Teenagers  
10 Volunteers  
4 Facilitators  
2 Additional Guests