





2021 ANNUAL REPORT EMPOWERING GIRLS AND YOUNG

WOMEN THROUGH SPORTS TUNAWEZA! (YES, WE CAN)

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WHO WE ARE

Moving The Goalposts (MTG) is a sport for development organisation established in 2002 in Kilifi County, located on the Kenyan Coast. We use football to empower girls in the rural and urban areas of the coast region.

MTG uses a rights-based approach focused on sexual and reproductive rights, health, and choice. More than nine thousand girls aged 9 – 25 participate in tournaments and ongoing leagues in Kilifi, Kwale, Mombasa, and Tana River counties.

MTG leagues are youth-led and managed and include girl advocates promoting healthy sexual choices, financial independence, and female leadership. Girls are also encouraged to take up more leadership roles in their communities.



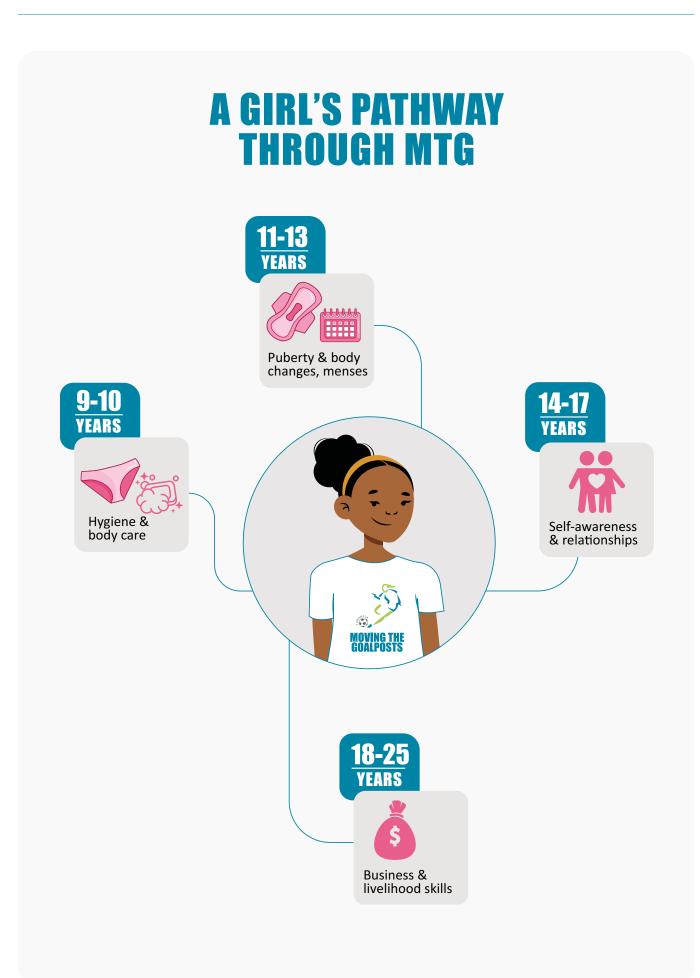
A fair, just, and inclusive world where girls and young women's rights are acknowledged, respected, and realised.



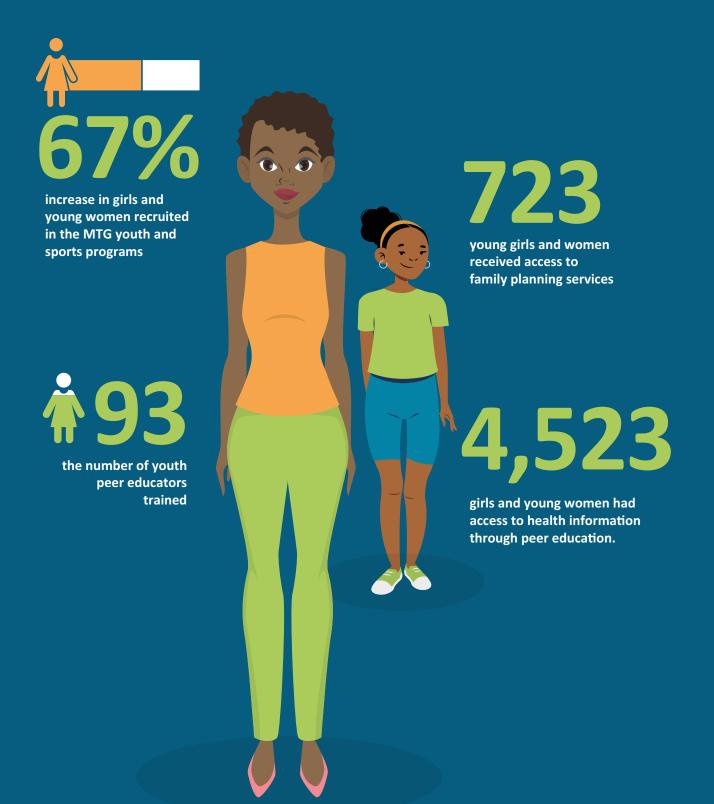
To positively influence communities by working with them to provide skills and opportunities for girls and young women to achieve their full potential through football.

OUR GUIDING PRINCIPLES

- Girls are at the core of all Moving the Goalposts (MTG) does as active and able agents of change;
- Football for girls is central to MTG's approach, strategies and interventions as a tool for transformation;
- The essentials of football success (teamwork, fair play, acceptance of winning and losing) foster attitudes that promote integrity, honesty, responsibility and transparency;
- Girls should enjoy equal rights and opportunities to reach their full potential;
- Child protection is a critical component of our work as we believe in safeguarding all children in MTG;
- Ensure girls can take up space and use their voices to demonstrate leadership; and
- Collaborations and active engagement with community members accelerate transformative change.



2021 IN NUMBERS



IMPACT 2021

1. INFLUENCING GENDER BUDGETING & POLICY IN KILIFI COUNTY

Moving the Goalposts (MTG) trained legislators in the Kilifi County Assembly Sports Technical Committee Working Group on gender equity in the budgeting process for the 2021/22 financial year.

Through this process, MTG actively engaged in the county budgeting process. This saw the MTG Community Engagement and Football Coordinator voted as a Budget Champion by the Coast Budget Forum. This is in recognition of her work in mobilising and engagement of legislators on gender equitable budgeting and budget analysis. MTG was voted, for another year, to chair the Sexual Gender Based Violence Thematic Group for Kilifi County. In this role, MTG was part of the committee that saw the adoption of the first menstrual hygiene policy in the country.

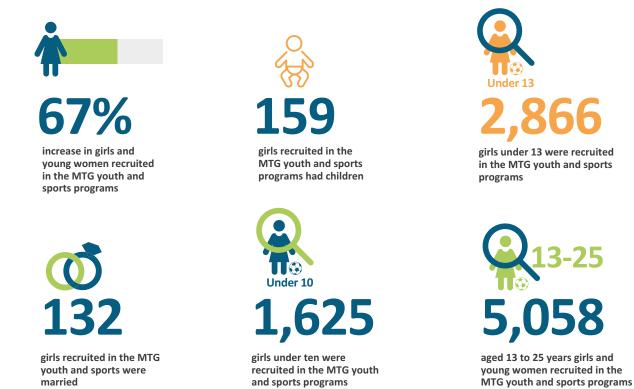
MTG further worked with the Kilifi County Legislator and Executive Government to develop; the Kilifi County gender and SGBV and child policies and the Kilifi County gender sector strategic plan.

MTG reviewed the sports and youth policies for the Kilifi County government and made contributions to inform the development of sports guidelines in schools with the Ministry of Education. We made contributions to the development of the physical education policy developed by the Kenya Academy of Sports.



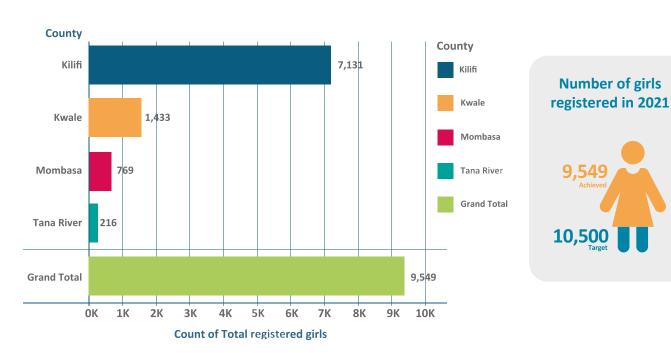
Photo: MTG representative Belina Jhuthi (left of the speaker) during a meeting with the Coast Women's Rights Movement partners

2. RECRUITMENT OF GIRLS AND YOUNG WOMEN INTO MTG PROGRAMS



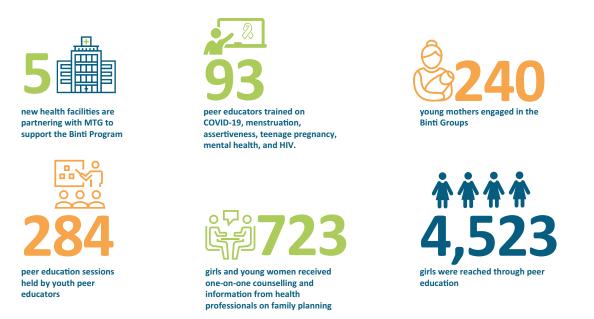
Registration of girls was done for girls aged 9-25 years from across varied socio-economic health, ability, identity, gender, sexual orientation, nationality, ethnic, religious, and cultural backgrounds.

There was an increase in the number of registered girls and young women from 5,720 in 2020 to 9,549 in 2021.



Total Registered Girls per county

3. HEALTH PROGRAM



Moving the Goalposts is a strong advocate for health education for girls and young women. There is generally limited knowledge of sexual and reproductive health and rights in the four counties where we operate. This sees young girls experiencing early and unwanted pregnancies resulting in school dropouts and child marriages.

To mitigate this, our health program provides girls and young women information on wholesome healthcare, from mental to reproductive health and rights.

We provide this information through trained peer educators who undergo rigorous and continuous training developed by MTG on health topics ranging from COVID-19, menstruation, consent, teenage pregnancy, HIV/AIDS, family planning, mental health etc.

A. BINTI GROUP

In the Kenyan counties of Kilifi, Kwale, Mombasa and Tana River, where MTG works, there are high cases of child marriages and pregnancies. Sometimes our interventions reach when a girl is either pregnant or a child mother.

To help the girl transition into this new phase of life, we provide a peer support system through our young mother's program, Binti Groups. Binti means young girl in Swahili. The Binti groups are groups of child mothers under 18 years, either expecting or having birthed a child aged two and under. The girls may be in our sports academy, youth peer educators or outside the programs.

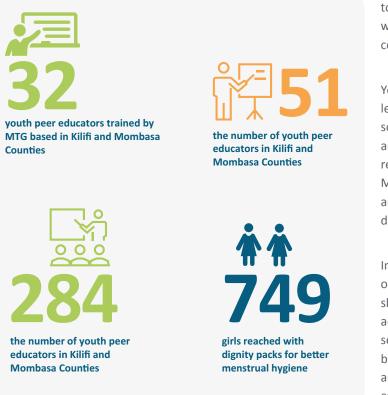
We work with local health facilities in the four coastal counties to find the girls. The health facility provides medical personnel, clinical officers, doctors or nurses who run the monthly two- to three-hour sessions.

During each session, discussions on pre-natal and post-natal care, family planning, immunisation nutrition, and business skills are held to provide these young girls with economic opportunities.

Once pregnant, most girls tend to never return to school due to a lack of financial support from parents who withdraw consent once they fall pregnant.

To build camaraderie among the girls and young women, they usually are in groups of between 20 and 25. There are currently 12 groups; each group is based at a health facility in Kilifi and Mombasa counties.

B. YOUTH PEER PROVIDERS (YPP) PROGRAM



Peer educators are integral in ensuring constant top-of-mind awareness across the communities we serve in Kilifi, Kwale, Mombasa and Tana River coastal counties of Kenya.

Youth Peer Providers are young volunteers at least 18 years old who graduated from high school. They are young women trained using an MTG-developed curriculum on sexual and reproductive health and rights. We work with the Ministry of Health to provide adequate education and contraception, which youth peer providers distribute across communities.

In 2021, youth peer educators were trained on reproduction and skills distribution of short family planning methods to increase access to family planning information and services in the communities MTG serves. Myth busting and misconceptions on sexual health and contraceptives are addressed to reduce community bias on contraceptive uptake.

4. MTG SPORTS ACADEMY



MTG united players received scholarship support, and they pursued vocational training.



the number of MTG United players participating in Division One matches



the number of friendly matches played by MTG United Division One team



the number of MTG United players participating in Division One matches



the number of Kenya Women's Premiere League Division One games played





ං **2,916**

girls reached with reproductive health information at league fields



on league fields



Sports is the core of our operations as MTG. We believe sports provide a healthy outlet for girls and young women to express themselves and build careers in sports, specifically football.

We recruit girls and young women aged 9-25 from across the coastal counties of Kilifi, Kwale, Mombasa and Tana River. The girls are introduced to the program through our school outreach programs. Once they express interest in our programs, the MTG community team ensures informed parental consent is provided, allowing the girl to take up football as an afterschool and weekend program.

Each community we work in has access to a community or public school sports field or football pitch. In this pitch, new signups are taught football, practice after school and play in minor league matches.

From the league matches, the MTG Sports Academy staff serves as talent scouts to build the various tiers of talent for the under 13s, open age and the senior team who play for MTG United. We are proud that MTG United is a team in the coveted Kenya Women's Premier League. The top-tier football league for women in Kenya.

Even as we train the girls to build careers as sportspeople, we are still keen on ensuring all players are constantly reminded of their health. We always integrate peer education as part of the minor league matches.

The peer education sessions are conducted in a team-building formatted discussion fused with fun and play, which provides a calm space for girls to discuss leadership, mental health, sexual health, and rights with peers.

A. DIVISION ONE LEAGUE MATCH PARTICIPATION

MTG United Open age team participated in the Football Kenya Federation (FKF) National Division One league 2020/2021 season. The team played 14 matches for the whole season in both the first and second leg finishing second runners-up with 25 points, having won eight (8) games, drew one (1) and lost five (5) matches.

Nelly Kahindi, the MTG striker, was the top scorer for the MTG team, while in national ranking, she was the second-best scorer with 17 goals, one goal shy of the best national scorer.



B. FOOTBALL PRACTICE

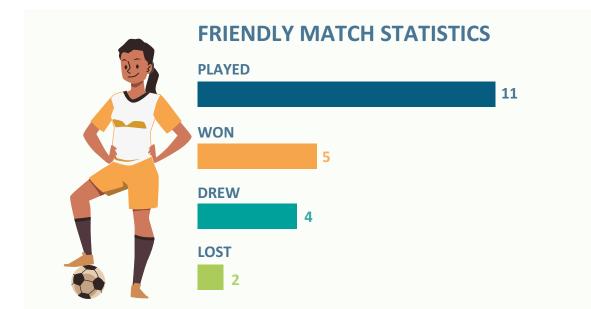
During the reporting period, 105 practice sessions were held. However, the sessions did not occur between April and September 2020 due to COVID-19 restrictions and containment measures.

The football practice sessions improved players' skill levels and brought cohesion to the team members from different minor league fields. It was essential to build a stronger team to create a Women's Division One league team to compete against tough teams at the national league level.

With the gym session in tow, as is MTG tradition, players were not left out of the sexual reproductive health and rights information, COVID-19, menstrual health management and mental health.

C. FRIENDLY-MATCHES

During the reporting period, 11 friendly matches were played. The matches built the teams' coordination and exposed them to more competitions to help them improve their technique and playing style. Out of the eleven games played, the team won five (5) games, drew four (4) and lost two (2). The matches helped the coach monitor performance by observing ball handling techniques, communication, and overall players' progress.



D. FOOTBALL COACH TRAINING

CAF 'D' COACH TRAINING

MTG hosted the first-ever female coaches' training in Kenya. 25 young women received Football Kenya Federation (FKF) licensing, also known as CAF 'D' coaching license. The training enabled MTG to increase the number of licensed football female coaches from one to two, which has led to an increase in the number of female coaches/leaders in the region/country.

During the organised training, the MTG United Head Coach and former beneficiary of the program also trained as a FIFA instructor and co-facilitator, having attained CAF 'C' License before this training.



E. ACCREDITATION OF THE MTG SPORTS ACADEMY

MTG was accredited with a Level II Academy License by the Football Kenya Federation (FKF). This license recognised MTG Sports Academy as an official football club with the appropriate infrastructure and management to run, improve and promote football in the country.



5. COMMUNITY PROGRAM



MTG staff trained on child safeguarding



community members with information on SRHR, GBV prevention and feminism principles.



local administrators were trained on sexual and reproductive health rights (SRHR), gender-based violence (GBV) prevention and feminist principles *** 71**

the number of MTG staff trained on child safeguarding



girls and young women were trained on their safety and rights and reporting against abuse in MTG league fields The communities MTG works in score very low on the gender equity scale. The communities are patriarchal and struggle to understand the importance of girl education and relinquish harmful cultural practices such as female genital mutilation.

The MTG Community Programs team runs several sensitisation programs on feminism, female genital mutilation and the importance of girl child education and deterrence of child marriage in the communities.

A. TRAINING OF CHILD SAFEGUARDERS

During the reporting period, 71 people were trained on child rights and safeguarding against child abuse, reporting and referral of abuse, and the MTG Children and Young People's Plan (CYPP) policy.

Trained safeguarders championed girls' and young women's rights by holding safeguarding sessions, reaching 1,503 girls and young women at the league fields. They are taken through gender-based violence awareness training sessions focusing on what abuse entails, their rights and where to seek relevant support when the need arises.

38% of the girls and young women trained reported incidences to the MTG Child Protection Officer for redress. According to an annual survey conducted towards the end of 2021, 96% of the sampled respondents said they felt safe participating in MTG programs, with 4% not feeling safe.

The findings further revealed that those who feel safe feel their rights are protected. MTG has sound systems that provide safety.

The survey findings also revealed that 79% of the girls know where they can raise concerns or incidences when participating in MTG programs or their community. They stated that MTG had a friendly reporting procedure, and knowledge was shared on the reporting and referral pathways for incidents happening within the MTG program and in their communities.

I. Key Lessons from Safeguarding Training

The guest trainer, a Senior Public Prosecutor, trained staff on court procedures from pre-arrest to judgment, post-arrest conference, granting bail and bond, plea stage, and post-trial conference. Staff knowledge of survivor support and safeguarding of evidence for litigation was improved.

A cross-sectional safeguarding risk register was developed across all departments, informing the 2022 Child Protection Program annual plan. A self-audit tool on safeguarding was administered to staff departmentally to assess MTG's progress in safeguarding to identify gaps whose feedback will inform the review of MTG CYPP policy in 2022.

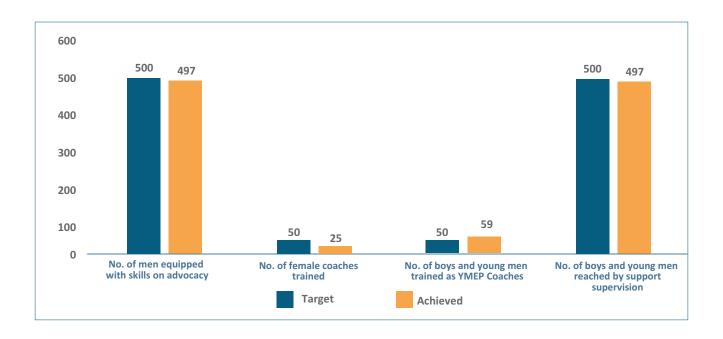
The self-audit tool revealed significant strides made in MTG safeguarding and various recommendations. Key recommendations included a need for a summarised version of MTG CYPP policy for beneficiary consumption, timely intervention of specific incidents and a feedback mechanism in place for cases reported. Attendance lists should include a clause on consent for use in photography, counselling for staff dealing with incidents to reduce compassion fatigue and strengthened monitoring of MTG safeguarding compliance.

B. YOUNG MEN AS EQUAL PARTNERS (YMEP) PROGRAM



YMEP was established to build a community of boys and young men as champions for girls' and women's rights, fighting retrogressive and suppressive cultures. MTG strongly believes that true gender equity can only exist when boys and young men learn the strength of supporting girls and young women as equals. And unlearn the harmful and toxic practices and norms of gender-based violence, female genital mutilation, and sexism.

MTG has created a customised curriculum to educate boys and young men on sexual and reproductive health, gender, positive masculinity, and responsible fatherhood. The program trains young men as peer educators and facilitators of sessions in the communities they live and serve. The program sensitises school-going children and youth to parents and male authority figures across the communities we serve.



C. TUMANYANE FORUMS



To ensure parents are actively engaged in supporting their children in the MTG programs, we conduct community discussions and training.

This typically involves sessions on sexual and reproductive health rights, the importance of girl education and sport, leadership, and parental responsibilities. We also educate the community on the MTG programs to support their children, encouraging them to sign up their children in various programs such as YMEP, YPP and MTG Sports Academy. We also walk them through quarterly MTG community engagement plans and re-entry policies in cases where children drop out from MTG programs.

D. COMMUNITY SERVICE



To ensure that all the football fields across the communities we serve are maintained, MTG runs community service programs to ensure the safety of the fields. This includes slashing grass and cleaning the compound and adjacent toilets to the fields.

6. LIVELIHOODS PROGRAM



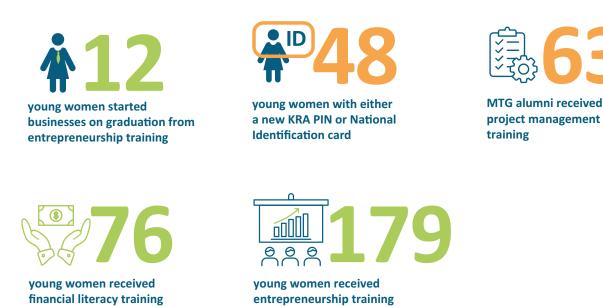
youth trained in leadership and project management and initiated a WASH project in their community



Village Savings and Loans Associations (VSLAs) formed by MTG United players following financial literacy training



MTG alumni established social conscious projects following the project management training

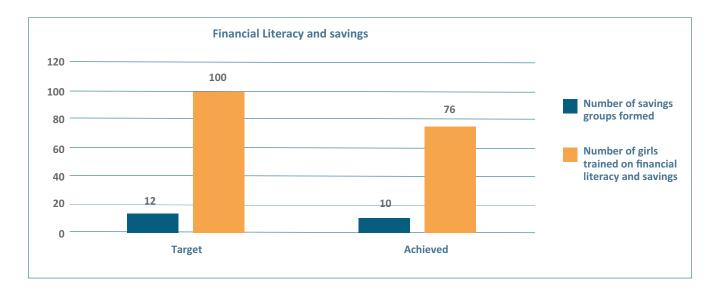


MTG works with young women to help them secure their future through skills training to secure higher and livable wages to care for themselves and their families.

The Livelihoods Program focuses primarily on project management, financial literacy, and entrepreneurship training. MTG partners with organisations to facilitate this training and sponsor young women in our communities. In 2021, MTG worked with Bundesliga Youth Ambassadors Project and Kenya Youth Employment and Opportunities Project (KYEOP).

Project management provides young women with insights into developing social enterprises or grassroots organisations to tackle social ills they are passionate about.

Financial literacy is essential for young women to know how to acquire and use their finances wisely. MTG training also introduced village savings and loan associations (VSLAs) which provide young women with an avenue to pool resources through table-banking. And have access to quick and affordable credit from peers.



For most who struggle to find employment on completion of school, entrepreneurship training provides young women with insights on how to set up and manage a micro to small business. This offers financial independence and security for many young women.

MTG also went a step further to ensure the young women in their programs at the age of 18 acquired their national identification cards and tax personal identification number (PIN). These are critical documents required when opening a bank account, starting a business and by employers.

7. EDUCATION PROGRAM



mobile libraries were introduced at schools in MTG-supported counties



child mothers resumed school following the return to school policy campaign



girls secured full scholarships to complete secondary education



200

girls reached with reading and study materials through mobile libraries

parents were sensitised on the school re-entry policies for girls who previously dropped out of school

MTG believes education is an equaliser and works closely with individuals and organisations to provide sponsorship for education at primary, secondary and tertiary levels.

A. EDUCATION SPONSORSHIP

MTG partnered with Kesho Kenya and Kenya Youth Employment and Opportunities Project (KYEOP). This saw a total of 59 girls securing secondary education. 16 young women sponsored to pursue technical skills training in firefighting, plumbing and electricals.



B. MOBILE LIBRARIES

To increase the literacy levels of children across the four counties MTG operates, mobile libraries were piloted in five schools. The mobile libraries provided various types of writing material, academic and fiction books, to schools with fewer resources.

Through this program, 200 girls were reached, which improved their reading and academic performance.



C. RE-ENTRY POLICY SENSITIZATION

The girl school dropout rate in the counties we operate is concerning. It is primarily a result of child pregnancy and early marriages. Following the Kenyan Government policies and Kilifi County government policies, MTG champions, all girls, have the right to resume school.

The re-entry process is unfamiliar to parents and communities we serve. The assumption is that once pregnant, or as child mothers, girls shouldn't go to school as they are perceived as adults.

To change this narrative and to reinforce existing laws and policies to ensure girl education, MTG congregated parents and community members on the re-entry policies to ensure more girls resumed school.

STORIES OF CHANGE AIMING FOR THE STARS



Mariam Mapenzi (front row second from left) holding her certificate with other youth leaders awarded at the 2022 Young Leaders Summit in Manchester City Football Club, UK.

Mariam Mapenzi, 24, is a silent powerhouse. From humble beginnings in Vitengeni, Ganze Constituency, most families rely solely on subsistence farming for survival. Parents compel most teenagers in her community to early marriage to escape poverty. Very little value is placed on education for girls.

But for Mariam, from a young age, she knew she wanted more than what her immediate environment offered. At ten years old, she registered to join the Moving the Goalposts (MTG) football leagues in her rural home area. She heard about MTG through a friend in school who told her about the organisation which empowers girls through football.

"I was passionate about football and jumped at the opportunity as soon as I heard about it." Mariam states.

Mariam would also engage in pre-game peer education discussions on the football field on leadership, sexual reproductive and mental health, and girls' rights.

Through the league games, MTG also runs leadership and health discussions to sensitise girls and young women on their rights and various issues complimenting football. Girls within the program serve as peer educators, and team members in the minor league games played in fields across the diverse community and school football fields. The programs run across four Kenyan coastal counties of Kilifi, Kwale, Mombasa and Tana River.

At the age of 12, Mariam's football skills were noticed by the MTG Sports Academy Youth League, and she was promoted to the MTG United Under 13s football team.

In 2014, she was part of the winning team that led the MTG United Under 13s team to victory in the East Africa Cup Under 13s football tournament in Moshi, Tanzania.

"It was so exciting. It was my first time in Tanzania, and winning in a cooler environment than what we were used to was unexpected. Some players we saw were older than they said, but we beat them." Mariam chuckles. On Mariam's return home, things started to look up for her. Seeing her name plastered in newspapers and the team the talk of the town for their win got her noticed. Her talent saw her receive a full scholarship for her high school education at Waa Girls in a neighbouring coastal town of Kwale through MTG.

As Mariam works to further her education, she is grateful for the allowance of KES 1,000 she receives as an MTG United player during the football season. The money keeps her going between seasonal work as a decorator with an events company based in Kilifi Town, Coastal Kenya.

But even as she seeks to raise her university tuition fees, she has been fortunate to get a taste of an international football career through her constant involvement at the MTG Sports Academy.

Mariam was part of the five-aside Kenyan football team that participated in the 2017 Global Goals World Cup in New York, US and won. The Global Goals World Cup is an annual five-aside football tournament for all-women teams. The teams that qualify to play choose one of the United Nations Sustainable Development Goals to champion as a cause as they play.

Mariam was also part of only 40 selected youth leaders from across the globe shortlisted to attend the 2022 Young Leaders Summit in Manchester City. A renowned English Premiere League team holds the annual summit. The Summit recognises and celebrates young leaders from across the globe who use football to promote health rights in their communities. Mariam received an outstanding leadership award for her work as a youth volunteer in MTG as a peer educator.

"During the football tournaments, we would play during the Summit. People kept telling me that I was talented. There weren't any scouts during our stay there, but I know if they were, I would have been scouted to play football abroad." Mariam observes.

Mariam would love to play for Manchester City's Women's Football Club, a Premiere League team in the UK.







"I have been there; I know the facilities, and I like the atmosphere; it would be a good fit." She enthuses. "If we can kick corruption out of Kenyan football, we will go very far. There is so much good talent in the country."

Mariam is a huge advocate for more investment in the sport. She credits MTG United's Senior team's recent big win in the national minor football league tournament graduating to the Kenya Women's Premiere League, to the efforts of building football teams from the grassroots.

"We could win because we had chemistry not built from a few months but since we were children in primary school. We know and understand each other and the collective goal to win." She concludes.

A SECOND CHANCE FOR SCHOOLGIRL MOTHERS



Irene Mambo, Sexual Health and Rights Officer talks to teen mothers following the end of a Binti Group Discussion

An adorable, giddy baby bounces on her mother's lap. Occasionally babbling in her pretty black polkadotted dress. Her mother gently kisses and wiggles her on her lap as they play and giggle together. The mother is 22-year-old Grace Kaingu. Grace comes from Kilifi County, a coastal county in Kenya with high poverty levels. Primary school enrolment commences as late as ten years with high dropout rates due to high poverty levels. In 2020 during the pandemic, the county sent shockwaves across the country when 17,000 cases of teenage pregnancies were reported.

Grace was in form two when she wondered why she had missed her menstrual period. She went to her local dispensary in Ganze constituency in rural Kilifi.

Her fears were confirmed; she was pregnant. She told her parents, who promptly informed her to marry the young man who impregnated her. He had also dropped out of High School.

"My parents said they would no longer pay my school fees even after birth. I was a married woman with a husband to take care of me." Grace recalls.

On Thursday, 28 July 2022, Grace joined 23 other schoolgirl mothers like herself as part of the Moving the Goalposts Binti Program. The word binti means girl in Swahili. The program is a support group for schoolgirl mothers to learn about their reproductive healthcare and rights, motherhood, prenatal and postnatal care and receive skills training to find sources of income to care for themselves and their children. "From today's session, I have learnt there are other contraceptive options I would like to try. The ones who don't have such harsh side effects as the ones I have used." Elvins Zawadi, 18, a member of the Binti Group, is quick to point out. After birth 14 months ago, she quickly took contraception to avoid another unwanted pregnancy. But experienced excessive bleeding, for three months, from injectable contraception. Until the meeting, Elvins was unaware of any other contraceptive options.

James Lewa, the nurse-in-charge at the Dida Dispensary, where the meeting is held, paces around the circle of seated schoolgirl mothers pointing out various forms of contraception. He quickly points out the need for contraception uptake with an analogy.

"It's not just boys who feel hungry; so do young women; it is natural to feel hungry. When you are hungry, you don't starve yourself; you eat. But you need to ensure you eat properly without causing harm to yourself."

Some girls cover their faces with their lesos as they giggle; others cackle and nod in agreement.

"Contraceptives are important for you, and you should take them as soon as you give birth to avoid the chance of getting pregnant. And with the various options I have mentioned, such as using condoms, some not all, help prevent the spread of STIs and AIDs." James continues.

James has worked as a nurse for over a decade, and in the last two years, he has worked at the Dida Dispensary. He was alarmed that there were 60% higher numbers of teen pregnancies at the dispensary than at the previous health facility he worked just three kilometres away.



James Lewa, the nurse-in-charge at the Dida Dispensary conducts a Binti Group education session on contraceptives



He saw the need to commence health talks at the facility to increase awareness of consent, sexual and reproductive health information and rights, gender-based violence, nutrition, maternal and child health, and care.

"When we say a girl is pregnant, she is not alone. The boy is involved too." James emphasises.

The talks also started to involve parents, "those husbands these girls and young women have, and their parents play a vital role as decision-makers."

The care of girls and young women with early pregnancies is an essential communal effort with a lot of education required in the community.

Moving the Goalposts works closely with health facilities across the coastal counties of Kilifi, Kwale, Mombasa and Tana River. It provides access to girls and young women in rural and urban communities through the Binti programs, which currently reach 193 young mothers.

"Most of these young mothers think their pregnancy or child is the end of their schooling. But with each session, as we encourage them, guide them, and continue to provide more information on family planning and income generation, their attitudes start to change." Irene Mambo, Sexual and Reproductive Health Rights Officer, Moving the Goalposts, points out. Grace is determined to return to school as soon as she can raise tuition and find a caregiver during the day for her daughter.

"I want to get a university degree and expand my education to become a nurse to help women who struggle." She enthuses.

Elvins also has some advice for girls in her community.

"I would advise young girls to use contraceptives if they are sexually active and ensure they know their sexual and reproductive rights. That way, you can stay in school and realise your dreams."

Elvins has her eyes set on a promising future.

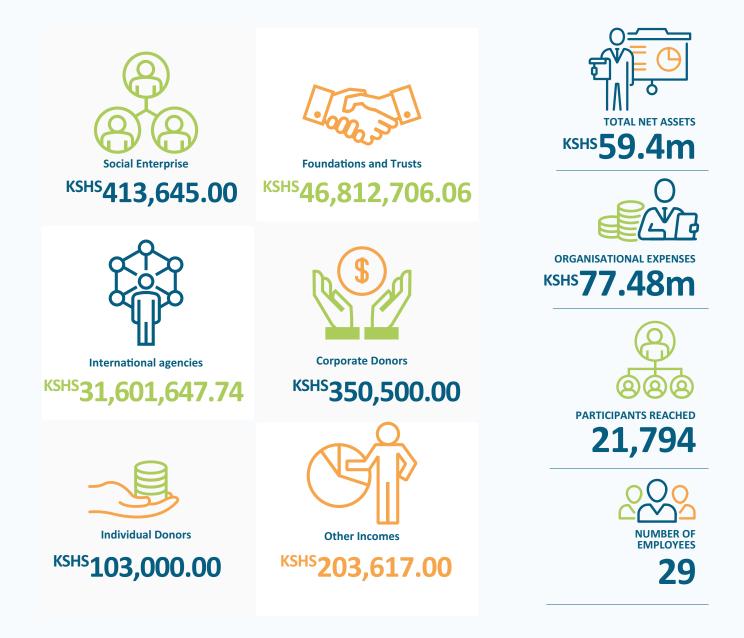
"Family planning will help me prevent pregnancy to ensure I realise my dreams and complete my education. I am determined to find school fees to pay for the rest of my education to become a neurosurgeon." Elvin concludes.

FINANCIALS

We are grateful to Laureus Sports for Good Foundation, Novo by Tides Foundation, Segal Family Foundation, and Beyond Sports Foundation for the immense support during the year. Our collaborations with Mancity – Cityzen, Women Win, Common Goal, AWDF, UNESCO, Street Football World and FIFA Foundation continue to enable the delivery of our programmes.

To the individual and corporate donors who have walked with us, a girl or a young woman is now more confident and knowledgeable; and has access to a muchneeded safe space thanks to your generosity and positive response to our call.

We look forward to forging stronger bonds and continued collaborations to secure brighter futures for more girls and young women.



PICTORIALS

















THANK YOU

To all our partners who have supported us over the past two decades, you are the reason these achievements are possible; thank you!





Moving the Goal Posts

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