

Training Youth to Be Trainers

There is a proverb that says, “If you *give* a woman a fish she will eat for a day. But if you *teach* a woman to fish, she can eat forever.”

This proverb adequately describes what ‘trainer of trainers’ programs accomplish. A ‘trainer of trainers’ program does just that; trains people to be trainers of others. So in an effort to equip young people with the skills and tools needed to train their peers, in 2007 GSC held its first Peer Educator Training Workshop. The secondary students who attended the workshop were those identified by their peers as leaders. They are students who had also attended a GSC day camp held in their secondary school and were, therefore, already educated in HIV/AIDS prevention, health issues affecting youth, and life skills. At the Peer Educator Training Workshop, the students learned how to plan and facilitate meetings and were given the opportunity to practice by



A teacher from Elerai Secondary School helps her students create a plan for a club meeting.



14 students, 4 teachers, and 5 GSC Counterparts attended the first peer educator training workshop in December 2007. By 2010 this number has grown to 58 students and 10 teachers!

presenting a lesson to those in attendance. Now these students can go on to train even more students until all of the students at their school have been empowered with the information and skills necessary to avoid HIV infection and live healthier lives.

Since 2007, Peer Educator Training Workshops have been held every summer, resulting in over 200 students and 20 teachers from approximately 20 schools being trained in peer education. Consequently, many of the once struggling school health clubs are now flourishing. The student leaders have created term plans to educate their fellow students and

many are looking forward to planning special events at their schools. They are eager to gain life-long leadership skills through experience and enjoy having a student forum to discuss sensitive issues such as condom use and reproduction.

In future years, GSC plans to continue to conduct these workshops in an effort to train student leaders who have not yet had the chance to attend.



GSC Director of Operations, Erwin Kinsey, helps students plan their presentation. All GSC Staff are involved in teaching the workshop, bringing with them knowledge in their area of expertise.