



Over 12,000 adolescent girls and boys like you are participating in the **Act With Her** project - in Amhara, Oromia, and Afar Regions!

**What are adolescents' favorite sessions?**

- Our changing bodies
- Setting Goals
- Where do babies come from?
- Good communication skills
- Gender Roles
- Move, Grow, Shine
- I love to read



Girls dancing, Babile, Oromia

**What do adolescents like about the sessions?**

- Learning about new topics
- Making friends
- Setting goals
- Learning to communicate / express themselves better



Boys and girls saving money in Simada, Amhara

**What changes has the project led to?**

“Before the sessions I didn’t help my mother cook food, but after these group discussions I understand the work load of my mother and now I help her” - AWH Boy

“I was considering myself as less than men... but it’s wrong. I can do what boys do.” - AWH Girl

“Previously, I didn’t eat food with or sleep with my mother and sisters during menstruation. After the discussion I learned that menstruation is a natural gift and started sleeping and eating food with my mother and sisters.” - AWH Boy

“I have self confidence in speaking in front of my friends.” - AWH Girl

“Before this, I didn’t know the benefit of saving money, but now I understand and have started saving what I have.” - AWH Girl