



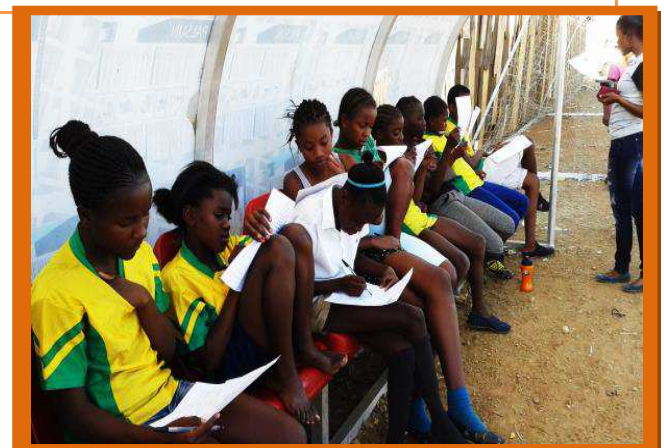
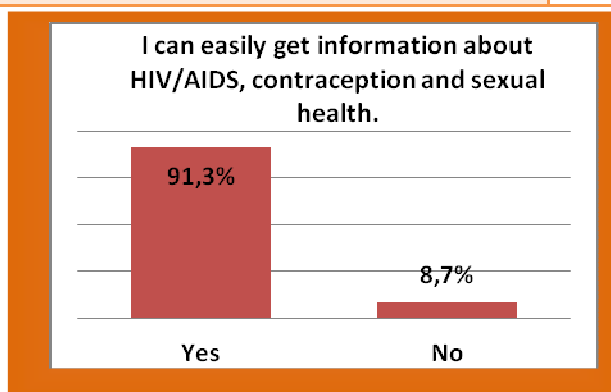
Galz&Goals M&E Activities

Quantitative Evaluation: Player Survey questionnaire (2015)

OVERALL OBJECTIVES:

- **OVERVIEW** of current level of knowledge and personal attitudes **related to HIV/AIDS** of participating girls
- Examination of the **IMPACT** of the of Galz&Goals programme
- **Enhancement** of current quantitative M&E tool

QUESTIONNAIRE		SUMMARY OF RESULTS:									
Who?	All participating girls of Windhoek's G&G League (211 girls)	<p>Average of correct answers</p> <table border="1"> <tr> <td>Knowledge</td> <td>53,0%</td> </tr> <tr> <td>Understanding of G&G</td> <td>51,6%</td> </tr> <tr> <td>Attitudes</td> <td>85,4%</td> </tr> <tr> <td>Self-Efficacy</td> <td>72,1%</td> </tr> </table>		Knowledge	53,0%	Understanding of G&G	51,6%	Attitudes	85,4%	Self-Efficacy	72,1%
Knowledge	53,0%										
Understanding of G&G	51,6%										
Attitudes	85,4%										
Self-Efficacy	72,1%										
When?	May-July 2015										
Where?	Windhoek, Namibia										
CONTENTS:		<ul style="list-style-type: none"> ➤ Header: basic information about person ➤ Knowledge: 7 questions about HIV/AIDS and sexual health ➤ Understanding of G&G: key concepts of Skills2Life ➤ Attitudes & Self-Efficacy: personal views on gender & HIV/AIDS related stigma ➤ Risk Factors/Feedback: questions about sexual risk behaviours 									
RESULTS:		RECOMMENDATIONS:									
<p>Knowledge: <i>Over half of the participants ...</i></p> <ul style="list-style-type: none"> ▪ "know that you can fall pregnant when you have sex for the first time." ▪ "agree that sex with an older man is riskier than with a partner of your own age." ▪ "agree that a pregnant woman with HIV can do something to protect her baby from the virus." <p>Attitudes & Self-Efficacy: <i>Most of the girls can...</i></p> <ul style="list-style-type: none"> ▪ "set goals for themselves and reach them." ▪ "would feel comfortable asking for help if they do not know how to handle a situation." ▪ "make a decision and stick to it." 		<ul style="list-style-type: none"> ✓ Main focus should be on training the coaches to guarantee implementation of the new Football4Life Manual in the training sessions ✓ Regular site-visits of training session by supervisors to support and advise coaches ✓ With regard to difficulties in analyzing, contents and scaling of the survey should be revised 									



Galz&Goals M&E Activities

Qualitative Evaluation: Face-to-face Interviews & Focus Group Discussion (2015)

OVERALL OBJECTIVES:

- Examination of the **IMPACT of the G&G project** on the adolescent girls → exploration of their thoughts, feelings and experiences
- Examination whether the **GOALS** of the program have been met
- Examination of the **EFFECTIVENESS** of education in developing life skills
- Enhancement of current M&E system through applying qualitative **in-depth research**

FACE-TO-FACE INTERVIEWS		FOCUS GROUP DISCUSSION	
Who?	6 participants of the G&G project, 12-20 years old	Who?	10 participants of the G&G project, 15-20 years old
When?	April 21 to May 27, 2015	When?	April 24, 2015
Where?	Windhoek, Namibia	Where?	Windhoek, Namibia
CONTENTS:		CONTENTS:	
<ul style="list-style-type: none"> ➤ Experiences within the G&G project in general, with the coach etc. ➤ Attitudes towards the training, Sport2Life concept etc. ➤ Knowledge about Life Skills ➤ Transfer and Application of learning contents in their daily life ➤ Most important Changes caused by the participation at the G&G project ➤ External assets: support of the family, coaches, community 		<ul style="list-style-type: none"> ➤ Ice-breaker games and ice-breaker story: e.g. "A girl wants to play football but her parents forbid her to go. What can you recommend her to do in order to play football?" ➤ Questions about: <ul style="list-style-type: none"> • Experiences/attitude • Knowledge (Life Skills and HIV/Aids) • Transferability/application • Change <p>"Let the girls tell their story and allow interaction between the participants!"</p> <ul style="list-style-type: none"> ➤ Activities: e.g. brainstorming on paper/blackboard, everybody has to write down some points and discuss them after 	

"I also learned about something that you have to have **confidence in yourself** and you have to stand up for yourself. Whenever the girls talked gossip about me I should always say, just leave them, let them talk about me, I don't care." (l. 106)

"That's the big change they told me here. First you take your education. You fail, you don't play soccer. You see, so I take my **education first**. I balance them both. I pass there, I go to another level. If I fail I don't play. Yeah that's the big change I made." (l. 134)

RESULTS:

Experiences: Joy of playing football, learning & improvement of football skills, being successful in football, building meaningful relationships with coaches & peers, travelling, support of their family, priority on education

Attitude: Little comparable attitudes, positive & negative

Knowledge: Little knowledge about life skills, high knowledge about health risks

Transfer: Healthy lifestyle, communication, self-confidence, self-belief, respect, discipline, listening, goal setting, and future focus transferred to school or home

Change: Leisure time activity, responsibility, prevention of bad influences & social environments, focus on education, development of positive personal attributes, support of their family.



Most important change:
"Stay away from the street and bad influences!"

ATTITUDE:
"The project teaches young girls about the **negative effects alcohol and drug abuse** has on their lifestyles. It guides young girls on how to **live a healthy and fit life**. It **brings many** girls from different regions **together** and they interact with each other."