



PROJECT REPORT

The Asamang Youth Empowerment Project

A Lifeline Charity Foundation Initiative in Partnership with the Afua Pompuni Foundation

Project Date: 24th October 2025

Location: Asamang, Ashanti Region, Ghana

1. Introduction

The *Asamang Youth Empowerment Project* was a community outreach initiative organized by the Lifeline Charity Foundation in collaboration with the Afua Pompuni Foundation. The project aimed to educate junior high school students in Asamang on three key topics often overlooked in adolescent development: **drug abuse awareness, personal hygiene, and menstrual health education.**

Through engaging workshops, interactive discussions, and practical demonstrations, we sought to equip students with accurate information and lifelong health habits. The project directly impacted over **350 students** across three schools — Asamang SDA JHS, Konya JHS, and Amoakohene JHS — helping them make informed, confident decisions about their health and wellbeing.

2. Background

Adolescence is a period of curiosity, influence, and growth. In many communities, however, topics such as drug use, hygiene, and menstruation remain stigmatized or poorly understood. Misinformation can lead to poor choices, health risks, and social isolation.

Recognizing this gap, the Lifeline Charity Foundation launched this initiative to provide credible, youth-friendly education that encourages open dialogue and self-respect. This

project aligns with our broader mission of **empowering young people through knowledge, health education, and community collaboration.**

3. Objectives

The Asamang Youth Empowerment Project was designed with clear, outcome-driven goals:

- **Drug Awareness:** Educate students on the dangers of drug abuse and strengthen their ability to resist peer pressure.
- **Personal Hygiene:** Promote healthy hygiene habits to prevent illness and improve self-esteem.
- **Menstrual Health Education:** Normalize conversations around menstruation for both boys and girls, reducing stigma and promoting empathy.
- **Confidence & Openness:** Create a supportive space where students could ask personal questions without fear or shame.

4. Target Audience

- **Beneficiaries:** 350+ students
- **Schools Reached:**
 - Asamang SDA JHS
 - Konya JHS
 - Amoakohene JHS
- **Age Range:** 12–16 years
- **Community Impacted:** Asamang township and neighboring areas

5. Project Activities

The project was carried out as a **one-day full outreach program** with structured sessions and interactive engagements. Activities included:

- **Drug Abuse Awareness Workshops**

Students participated in open discussions about the consequences of drug use and the importance of making safe choices. Real-life stories and role-play activities made the sessions relatable and impactful.

- **Personal Hygiene Demonstrations**

Our facilitators demonstrated effective handwashing, dental hygiene, and general cleanliness routines. We emphasized the link between hygiene and academic performance, confidence, and overall well-being.

- **Menstrual Health Education**

Both boys and girls attended sessions that addressed common myths and taboos. Female students learned proper usage and disposal of sanitary products, while boys were educated on empathy and support for peers.

- **Open Question & Answer Forums**

Students were encouraged to ask questions — both anonymously and openly. This interactive format helped uncover real concerns and misconceptions, allowing facilitators to address them directly and respectfully.

6. Partnerships and Collaboration

This initiative was made possible through collaboration between **Lifeline Charity Foundation** and **Afua Pompuni Foundation**, with additional support from participating schools' administrations and dedicated student volunteers.

- **Afua Pompuni Foundation:** Co-facilitated workshops and supported local coordination.
- **School Administrations:** Provided venues, mobilized students, and encouraged participation.
- **Lifeline Volunteers:** Led presentations, facilitated discussions, and managed logistics throughout the day.

7. Project Impact

The project produced measurable results in awareness, engagement, and student confidence.

Key Outcomes:

- Over **350 students** received direct education on critical health topics.
- **Three communities** — Asamang SDA, Konya, and Amoakohene — united under a shared message of youth empowerment.
- Increased confidence among students in discussing menstrual health without stigma.
- Positive feedback from teachers, highlighting the relevance and clarity of the sessions.
- Distribution of educational materials to reinforce key messages after the workshops.

Testimonies:

“I used to be shy about asking questions about my period. The session made me realize it’s normal and everyone should know about it, even boys.”

— *JHS Student, Asamang*

“The sessions on drug abuse were eye-opening for our students. Lifeline’s approach was direct but relatable, and it made a real impact.”

— *Teacher, Konya JHS*

8. Project Timeline

Stage	Activities	Duration
Week 1–2	Planning, scheduling, and coordination with partners and schools	2 weeks
Week 3	Volunteer training and preparation of educational materials	1 week
October 24, 2025	Full-day outreach and school visits	1 day
Week 4	Post-project review and feedback collection	1 week

9. Challenges

- Limited time to conduct extended discussions in each school due to scheduling constraints.
- Need for more printed materials to distribute to all students.
- Transportation and logistics costs stretched our volunteer resources.

Despite these challenges, the overall execution was highly successful, with lessons learned for future scalability.

10. Future Plans and Recommendations

Building on the success of this project, Lifeline Charity Foundation plans to:

- Expand the initiative to other communities within the Ashanti Region.
- Incorporate mental health awareness as an additional module.
- Develop digital educational materials for broader access.
- Seek sponsorships and partnerships to sustain and scale the outreach model.

We also recommend continued collaboration with schools to integrate health education into their regular guidance programs.

11. Conclusion

The Asamang Youth Empowerment Project stands as a strong example of how community-driven initiatives can bridge knowledge gaps among young people. By combining empathy, education, and engagement, we created a safe and open environment where students could learn, question, and grow.

Lifeline Charity Foundation remains committed to **empowering the next generation** with the information and confidence they need to lead healthy, purposeful lives.

12. Acknowledgments

We extend our heartfelt gratitude to:

- **Afua Pompuni Foundation** for their collaboration and field support.
- **School administrators and teachers** of Asamang SDA JHS, Konya JHS, and Amoakohene JHS for their cooperation.
- **All Lifeline Volunteers** for their dedication and enthusiasm.
- **Community leaders** for welcoming our team and supporting our mission.

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Signed,
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Co-Founder & Executive Director