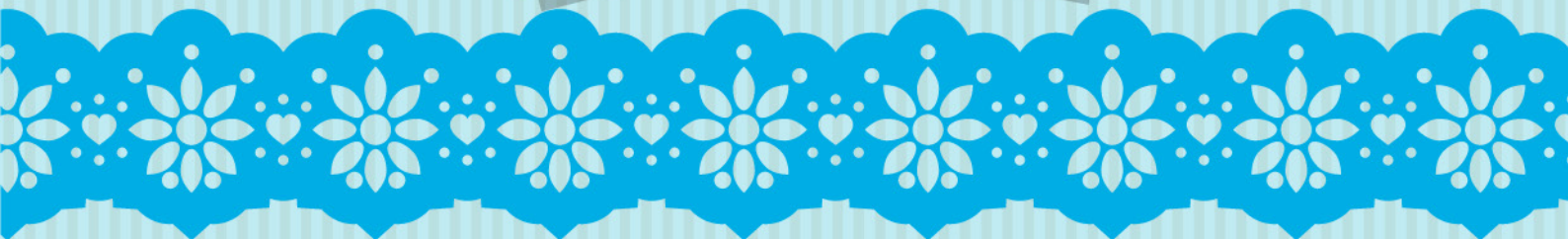





Sustaining Women's leadership



www.memprow.org





Before joining the Accelerating Young People's Voices and Choices project, I struggled with self-confidence. Speaking up in public made me nervous, and I often doubted my own opinions. Everything changed after becoming part of this project. I have grown immensely! Now, I can express myself clearly, whether in meetings, social gatherings, or even at work. I feel more confident in my voice and my ideas.

One of the biggest impacts this project had on me was encouraging me to take on more leadership roles. I started mentoring other LGBTQ peers, something I never imagined doing before. I've also joined a community group that focuses on social and economic justice issues. The motivation and skills I gained here made me realize that I have the power to make a difference in my community.

I didn't just learn to speak up—I learned to lead, solve problems, and communicate effectively. These skills have helped me in many ways. At work, I take on more responsibilities with confidence. In my community, I engage more actively and contribute meaningfully. This project didn't just empower me—it changed my life. And now, I'm using everything I've learned to uplift others too.

From Leah



Dear MEMPROW Family,

I hope you are all doing well. I just wanted to take a moment to share how the Accelerating Young People's Voices and Choices project has changed my life in ways I never imagined.


Before joining this project, I wasn't very confident in myself. I would hesitate to speak up, and making decisions felt overwhelming. But now? I feel like a completely new person. This project has boosted my confidence, allowing me to make decisions with clarity—both in my personal life and in my community. I am no longer afraid to share my thoughts or take on leadership roles.

One of the biggest things I have gained is my communication skills. I can now express myself more effectively, whether in meetings, at school, or when engaging with people in my community. I have learned how to convey important messages in a way that resonates with others. This skill alone has made a tremendous difference, and I see its impact every day.

Teamwork is another area where I have grown significantly. Working with others used to be challenging, but through this project, I have learned how to collaborate, lead, and contribute meaningfully. Our organization is stronger because of our improved teamwork, and we are making decisions that truly impact our community.

MEMPROW, you have given me the power to believe in myself, to speak up, and to create real change. Thank you for investing in young women like me. This is just the beginning—I am taking everything I have learned and using it to make a difference.

With gratitude and love,
Naggy



The MEMPROW Act of Feminism That Changed My Life

For a long time, I hesitated to write about women's rights. I feared the backlash, the misunderstanding, and the resistance that often comes with advocating for gender equality. But everything changed when I attended a feminism training with MEMPROW. It was there that I gained the clarity and confidence to speak out. I learned that advocating for women's rights is not about competing with men or diminishing their role in society—it is about ensuring that women enjoy the same dignity, autonomy, and opportunities as men.

One of the most significant lessons I took from the training was the importance of bodily autonomy. Before, I struggled to articulate the right of women to make informed choices about their bodies. Now, I can write with conviction, crafting stories that highlight the struggles and triumphs of women fighting for their rights. I no longer see it as just an issue of advocacy—it is a matter of human dignity. Women deserve the space to fully enjoy their rights, make decisions about their futures, and shape their own destinies.

Beyond writing, I have taken my advocacy into my community. I speak with women about their rights, particularly around reproductive health. Many women I have met want to use modern family planning methods, yet their husbands forbid them. I encourage these women to have open and honest conversations with their partners, expressing their needs and desires. When they face resistance, I guide them toward healthcare professionals who can offer further support and counseling. Every woman deserves the right to plan her own family without coercion or fear.

I am also deeply invested in ensuring that young girls stay in school. In many communities, early marriages and teenage pregnancies continue to rob girls of their education and future aspirations. I work to challenge these harmful practices by encouraging parents to prioritize education over marriage. And for those who do become mothers at a young age, I remind them—and their families—that motherhood should never be the end of their education. They have the right to return to school and pursue their dreams.

My advocacy does not stop with women. I engage men as well, helping them understand that supporting women's rights does not mean losing their own power. Instead, it means building stronger families and communities where both men and women can thrive. I urge men to respect their wives' choices, especially regarding their reproductive health, and to become allies in the fight for gender equality.

Since my training with MEMPROW, I have gained the skills to address these issues in a more structured and impactful way. I now write with confidence, amplifying the voices of women and girls to draw attention to their challenges and inspire action. I have learned not just to tell stories, but to tell them in a way that evokes change.

Feminism has given me the courage to break barriers, to speak boldly, and to stand with women as they claim their rights. And with every story I write, every conversation I have, and every mind I change, I know I am making a difference.

By Joyce Namugambe- Journalist

Finding My Power: Self-Love, Growth, and Impact

I have come a long way. There was a time when I sought validation from others, constantly waiting for approval before making decisions about my life. But today? That version of me no longer exists. I appreciate myself fully, and I no longer wait for anyone to tell me that I am enough—I already know it.

Self-love is at its best right now. I am intentional about my well-being, and for the first time in a long time, I am committed to taking care of myself—mind, body, and soul. The gym? It's no longer just a thought; it's a lifestyle. I am present for myself in ways I never was before, and that has changed everything.

Beyond my personal growth, my work has transformed as well. Our organizing has taken on a new level of structure and efficiency. We have not just put institutional policies in place; we are actively implementing them. No longer just words on paper—our policies are alive, shaping the way we work and ensuring that our impact is felt in the community.

Through better organization, we have been able to attract funding, enabling us to serve our community in even more meaningful ways. One of the most significant wins has been the establishment of our SRHR House, which has allowed us to create a database of LBQ women living with and affected by HIV. With this knowledge, we designed a Safe Sex Toolkit and Training Manual, ensuring that the women in our community have access to the right information and resources for their well-being.

Visibility matters, and we have made sure to claim our space—both online and offline. Even in the midst of the multiple crises affecting the LGBTQ+ community, especially the AHA, we continue to stand tall, resilient, and unshaken. We are here, we are seen, and we are making a difference.

Self-love and self-care are not just buzzwords for me—they are a way of life. I am intentional with every step I take, with every decision I make. I embrace my queerness wholeheartedly, and I celebrate it every day. There is no shame, no hesitation—just pride, happiness, and a deep understanding that I am exactly who I am meant to be.

Thank you, MEMPROW, for being part of this journey. For creating spaces where women like me can find our power, own our stories, and shape a future where we thrive—unapologetically.

Annet

Dear Friend,

I never thought my voice mattered. I used to hold back, unsure of how to speak up about the challenges young people, especially those in marginalized communities, face online. But joining the Accelerating Young People's Voices and Choices project changed everything for me.

Through the sessions, I found my confidence. I learned how to use my voice to advocate for digital rights and inclusion, and I discovered the power of storytelling and strategic communication. These were not just skills; they became tools for change.

Today, at HER Internet, I put everything I learned into action. I help create safer digital spaces for queer womxn in Uganda. I lead discussions on online safety, craft advocacy campaigns, and stand up for those whose voices are often ignored.

This project didn't just equip me with knowledge—it empowered me to take action, to be bold, and to believe that my voice matters. And for that, I am deeply grateful.

To everyone who supports this work—thank you. Your belief in young people like me is making a real difference. Because of you, I can stand up, speak out, and help others do the same.

*With gratitude,
SANYU*

My body, my choice

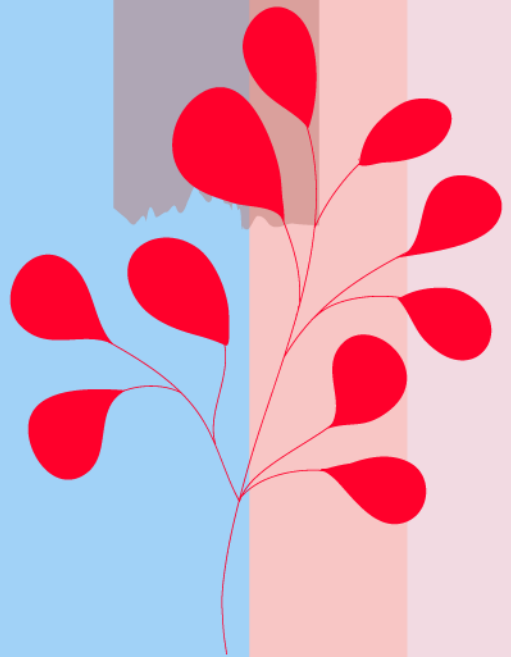
In our bodies sculpted by their own design,
Where choices bloom, where voices intertwine,
A sovereign right with in each woman's frame,
To claim her path, her own, without shame.

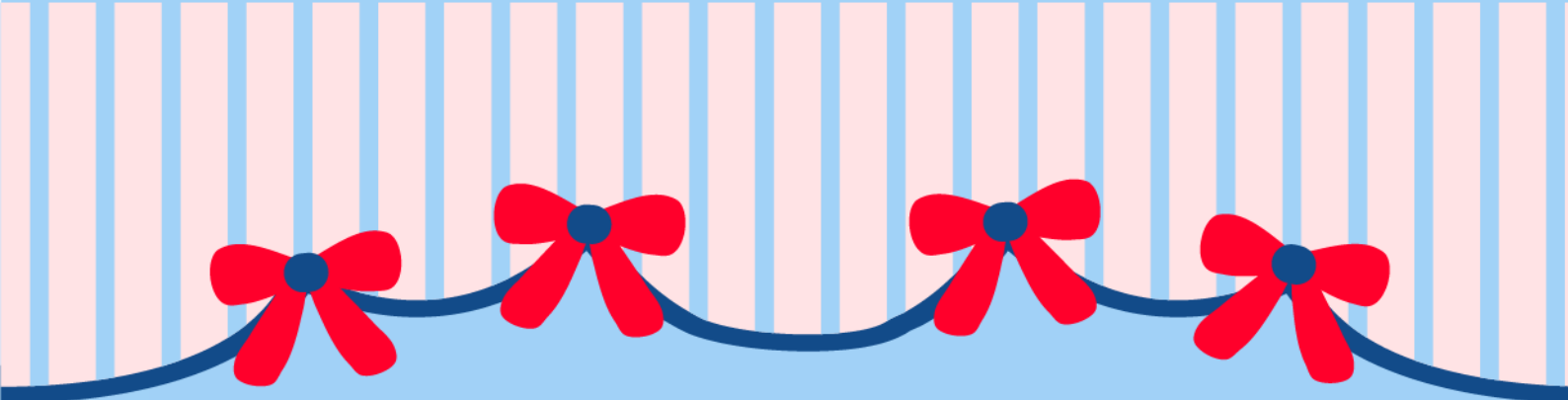
Not bound by chains of others' fleeting views,
She charts the course her spirit will not lose,
A realm of freedom, carved in self-belief,
Whereby every choice is honored, free of grief.

Her body's a canvas of her own creation,
Not a battle ground for others' expectation,
In every choice, in every breath she takes,
Her strength is measured in the steps she makes.

So let the world respect her guiding light,
In her own truth, she stands both fierce and bright,
For in autonomy, she finds her voice,
A declaration: She has made her choice,
Against the tide of voices loud and clear,
She stands unmoved, her path sincere.
Her voices echo freedom's tender call,
A testament to self, embracing all.

Bwegombe Vanessa D





My name is Aisha Namugga, and I want to share how my life changed after attending the Accelerating Young People's Voices and Choices trainings with MEMPROW, led by Madam Lilian.

Before joining the project, I struggled with self-appreciation. As a person living with a disability, I always put others before myself—my parents, my siblings, my friends. I thought it was normal, but deep down, I never truly appreciated myself. I didn't take care of myself, my body, or my well-being. But after attending the MEMPROW training on self-care and self-love, I had a breakthrough. I realized that I am the engine of my own life. If I don't take care of myself, how can I take care of the people I love? Now, I prioritize my health, my peace, and my happiness. I put myself first—not out of selfishness, but because I know I need to be strong for others.

Another big change happened in my work. Before the training, I said yes to everything. No matter how many tasks I had, I never said no. I thought that's what dedication meant. But at the end of the day, I was overwhelmed and exhausted, unable to deliver quality work. The training taught me the importance of communication. I realized my superiors weren't even aware of how much I was handling because I never told them! Now, I communicate clearly. If I have too much on my plate, I let them know. If someone asks for help, I say, "I'm working on this right now, but I can assist you later." This small change made a big difference—it improved my relationships at work and made my job more manageable.

The training also transformed how I see leadership and feminism. I used to have a narrow view of feminism—I thought it was only about women. But I learned that feminism is about fairness and equality for everyone, regardless of gender, tribe, physical ability, or background. It's about standing up for the vulnerable and ensuring that everyone enjoys their rights. I also learned about intersectionality—how different advocacy struggles are connected. Before, I thought of issues in isolation—disability rights, minority group rights, sex workers' rights, people living with HIV—but during the training, we saw that when we advocate for all human rights together, our impact is stronger. If we unite, we can push for change more effectively, and laws that affect us can be amended more easily.

Lastly, my understanding of leadership shifted. I used to think being a leader meant being in charge, but now I see that true leadership is about influence. A good leader doesn't just do things alone—they inspire and uplift others. I learned that I shouldn't just grow as a leader; I should also help others grow. If I leave, someone should be able to step up and continue the work—even better than I did. Leadership is about creating opportunities for others, mentoring them, and making sure that no one is left behind.

I am so grateful for these trainings because they changed me in ways I never imagined. Now, I appreciate myself, I communicate better, I understand true leadership, and I see advocacy through a broader, more inclusive lens. My journey is just beginning, but I walk forward with confidence, knowing that I am enough, I have a voice, and I can create change.

Aisha Namugga,



Dear MEMPROW Sisters.

My name is Nassozi Kisakye Zam, and I want to share my journey with you.

For a long time, I lived according to the expectations of others—trying to fit into roles that seemed to demand all my time and energy. I spent my days helping my mother run a canteen while working hard to make it onto the graduation list. But in all this, I never truly prioritized myself.

Then MEMPROW happened.

Through the three-day training, I discovered something powerful: I matter. My body, my choices, and my voice deserve respect—especially from me. I learned about bodily autonomy, agency, and the importance of setting boundaries. No longer do I let others decide for me. No longer do I shrink myself to fit the opinions of those who don't see my worth.

For years, people mocked me for my tiny body, and it used to hurt. But now? I don't give a damn. This is my body, and nobody else's. MEMPROW has taught me that self-care isn't just about pampering—it's about nourishing myself, speaking up for my needs, and making choices that honor who I am. I now focus on proper nutrition, self-respect, and a mindset that puts me first.

To every MEMPROW girl reading this: You are enough. Your body is enough. Your voice is powerful. Don't let the world decide who you should be—take charge and own your story.

With love and strength.

Nassozi Kisakye Zam



Dear MEMPROW Leadership,

I would like to extend my heartfelt appreciation for organizing the impactful three-day mentorship program focused on Bodily Autonomy and Self-care. The sessions were eye-opening, and I am grateful to the facilitators for sharing such invaluable insights.

Before attending this program, Bodily Autonomy was not a topic I deeply understood or considered essential. I had no idea how much I was unaware of until I took part in this training. The program brought to life crucial terminologies and concepts that reshaped my understanding of my own body and rights.

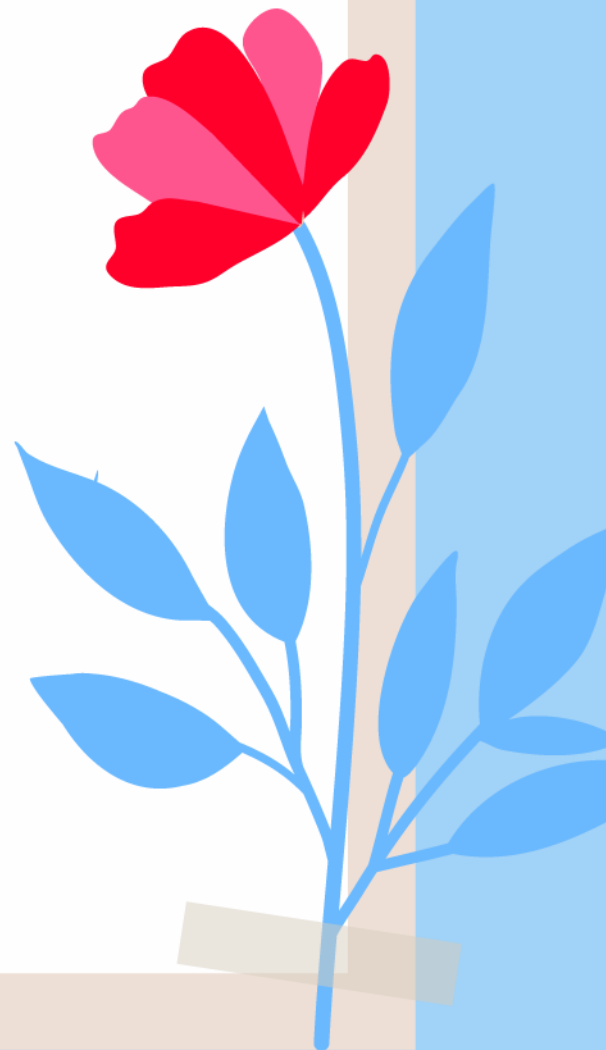
Through this training, I learned how to use my body as a tool for advocacy—fighting for my rights and the rights of others. More importantly, I realized the importance of taking care of myself and listening to my body's needs. I now understand that Bodily Autonomy is not just a right but a foundational principle of gender equality. It empowers women to make decisions about their lives, their families, and their bodies.

The program also highlighted harmful practices like Female Genital Mutilation (FGM), forced child marriages, non-consensual sex, and others that violate the rights of girls and women. Understanding these issues has reinforced my commitment to advocate for the safety, health, and dignity of women and girls everywhere.

Ultimately, I learned that advocacy starts with self-care and knowing my rights. With this knowledge, I now feel empowered to use my voice—and my body—as a powerful tool in the ongoing fight for gender equality.

Thank you again, MEMPROW, for creating a platform where young women like me can grow, learn, and empower each other.

With gratitude,
Lamara Flavia





Sustaining Women's leadership

This is a publication by Mentoring and Empowerment Programme for Young Women (MEMPROW)



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