

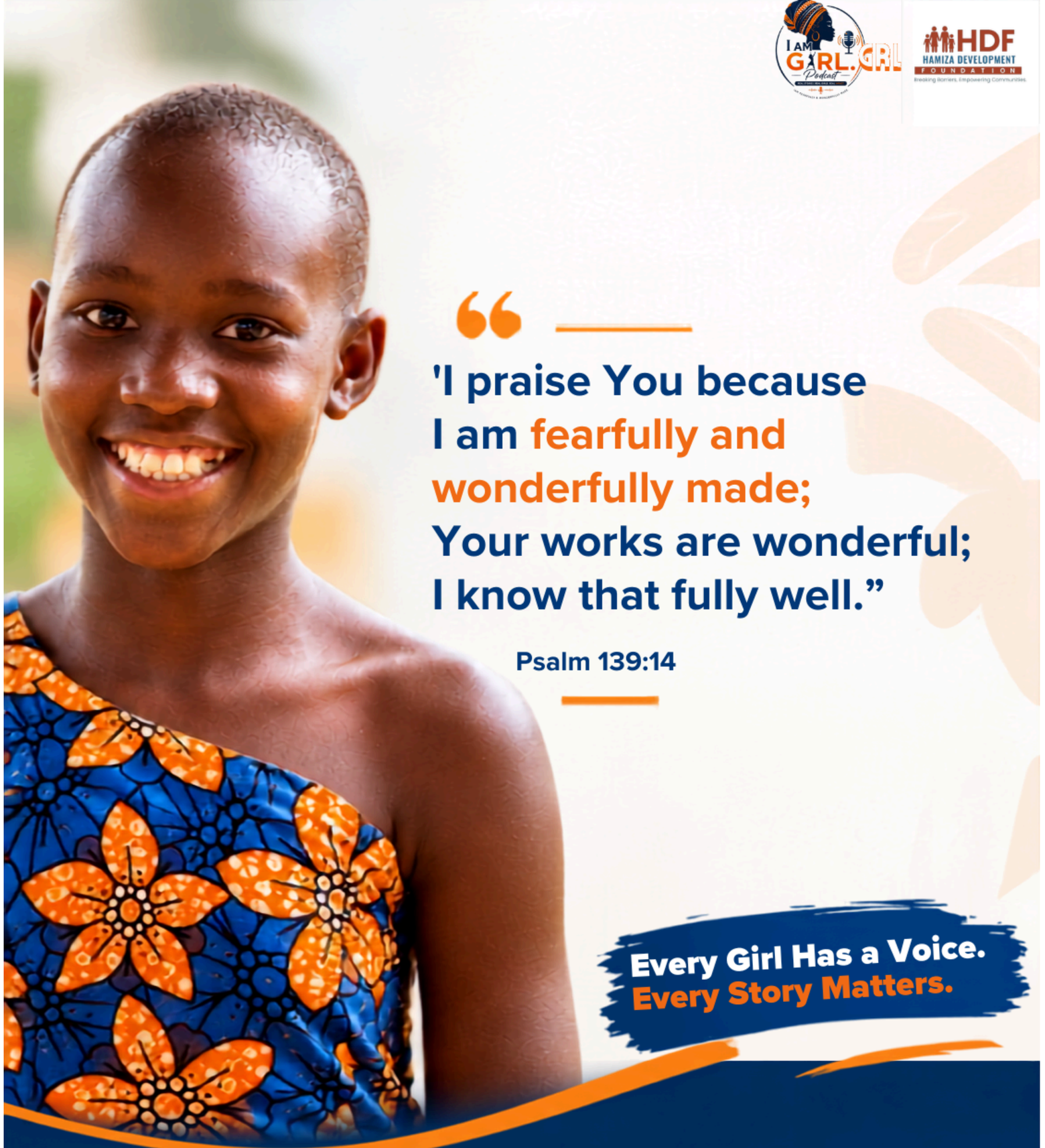
I AM GIRL. Podcast

HDF
HAMIZA DEVELOPMENT FOUNDATION
Breaking Barriers. Empowering Communities.

I AM GIRL SPACE

EVERY GIRL HAS A VOICE.
EVERY STORY MATTERS.

PODCAST BY HAMIZA DEVELOPMENT FOUNDATION
BREAKING BARRIERS. EMPOWERING COMMUNITIES.



"I praise You because
I am fearfully and
wonderfully made;
Your works are wonderful;
I know that fully well."

Psalm 139:14

Every Girl Has a Voice.
Every Story Matters.

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Hamiza Development Foundation

What Does This Mean?

Fearfully Made

You were created with purpose, care and intention. Your life matters, and your future is still being written

Wonderfully Made

Your voice, talents, experiences and dreams make you unique. There is no one else exactly like you.

Made for more

our worth was never decided by yesterday,- by who left , what happened,or the choices life forced on you too soon.
Through every episode, IAM GIRL SPACE invites inspiring women and men to share their lived experiences by reflecting on questions such as:

- At what point did you begin believing you were fearfully and wonderfully made again?
- What made you doubt your worth?
- What helped you rediscover your confidence and purpose?
- What advice would you give a girl who feels her future has ended?

These conversations carry one message: healing is possible , hope is real, and every story can still become a testimony .

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Catherine Naisu

Executive Director, Hamiza Development Foundation (HDF)

Welcome to I AM GIRL SPACE

I AM GIRL SPACE is a platform created by Hamiza Development Foundation to help girls across Uganda dream, learn, grow and thrive in safe and supportive environments.

Many girls face challenges such as poverty, gender inequality, violence, early marriage, teenage pregnancy and limited access to education. Too often, their voices and experiences go unheard.

IAM GIRL SPACE creates a safe space for girls to share their stories, build confidence, learn from others and discover their potential. Through honest conversations, lived experiences and practical lessons, the podcast promotes hope, resilience and empowerment.

Inspired by Psalm 139:14 — "I am fearfully and wonderfully made," the platform reminds every girl that her worth is not defined by her circumstances or mistakes.

Empowering girls is everyone's responsibility."Families, schools, communities and leaders all have a role in helping girls stay in school, realise their potential and become leaders.

Together, we can ensure every girl is heard, valued and empowered.

Our Core Message

No matter your story...

No matter your past...

No matter your circumstances...

Your worth has never changed.

You were created with purpose.

You were created with dignity.

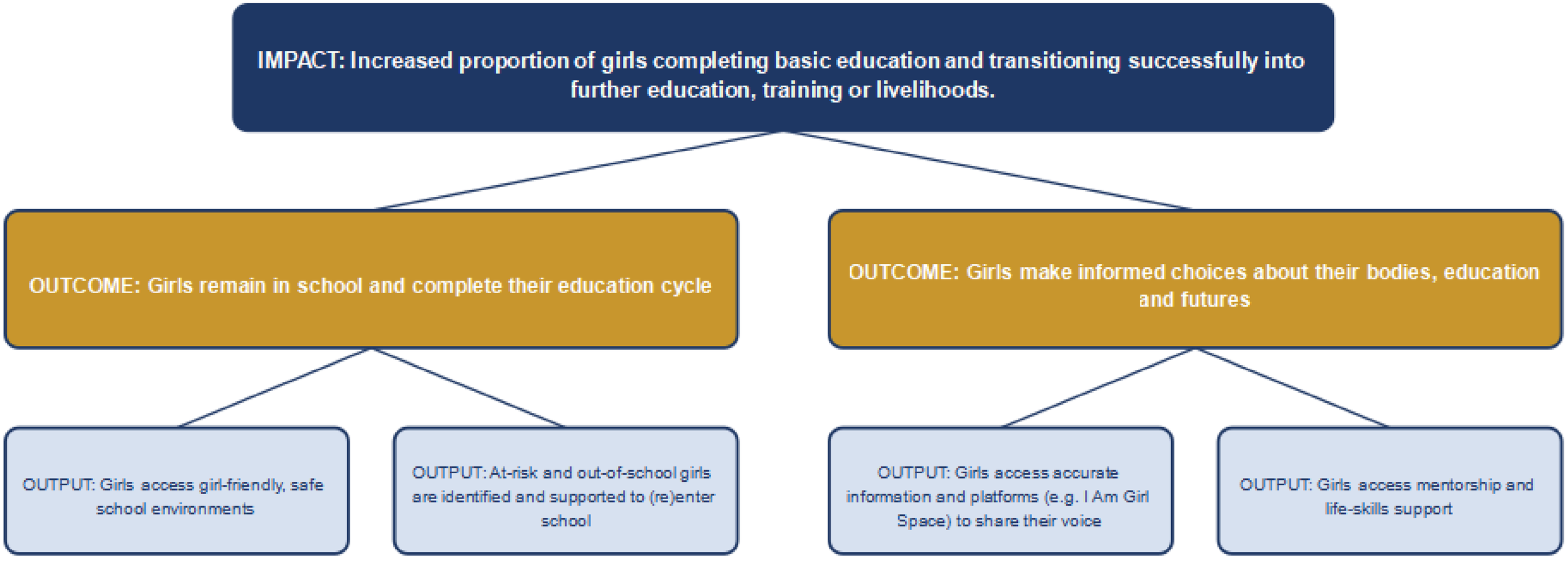
You were intentionally made.

You are fearfully and wonderfully made.

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Girls' Education & Empowerment — Theory of Change





Across Eastern Uganda and the Kyaka II Refugee Settlement, many girls face daily challenges that make education difficult. They spend hours on household chores, caring for siblings and helping their families survive on limited, irregular incomes.

Structural barriers push many girls further out of reach of school:

. Poverty and unequal gender expectations

. Early marriage and pressure to work

. Large families and domestic violence.

Yet these girls have dreams and ambition. **Their circumstances—not their potential—stand in the way.**

Through **I AM GIRL SPACE**, Hamiza Development Foundation is committed to creating hope, strengthening resilience and helping girls learn, thrive and fulfil their God-given potential.

Every girl deserves more than survival. She deserves the future she was made for.



A PARENT'S STORY

A Mother's Love Is Not Always Enough

Behind every girl is a family doing its best to survive. In Eastern Uganda, a 30-year-old mother and subsistence farmer works tirelessly to provide for her eight children while hoping her daughter can receive an education.

However, poverty, limited income, unequal household decision-making, lack of land and credit, and domestic violence make it difficult to meet her daughter's school needs. At times, her daughter misses school to help with household responsibilities.

Her love and commitment are strong, but circumstances beyond her control limit what she can provide.

Hamiza Development Foundation believes that empowering girls also means strengthening their families—creating safer, more supportive homes where girls can stay in school, achieve their dreams and build a better future.

Pregnancy Should Never Define Her Future

for many pregnant girls and adolescent mothers, pregnancy brings fear and **too often**, it carries a spoken verdict that her education and her future are over. I Am Girl Space challenges that narrative giving girls a safe space to share their experiences, rebuild confidence and hamiza Development Foundation supports girls and families through gender equality programmes, counselling, GBV support, economic empowerment and community engagement. Families are strengthened through savings groups, improved farming and livelihood opportunities, while schools are supported with **girl-facilities**, menstrual health education, counselling and child protection systems.

Through partnerships and community action, HDF helps create environments where girls can return to school, stay safe and pursue their dreams.

Pregnancy should never define a girl's future. Every girl deserves the future **she** was made for.




Meet a girl whose biggest dream is to finish school. Yet before classes begin, she may already have spent hours doing household work. This is the reality for many girls in Eastern Uganda and Kyaka II Refugee Settlement.
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CREATING PATHWAYS FOR GIRLS TO RETURN, REMAIN AND THRIVE IN SCHOOL

Hamiza Development Foundation takes an integrated approach to address the barriers girls face by working with families, schools and communities.

- Strengthening Families: Through GALS and Stepping Stones, families promote shared decision-making, positive parenting, healthier relationships and protection from violence.
- Building Household Resilience: VSLAs and agroecology programmes help families improve incomes, food security and their ability to support children's education.
- Creating Girl-Friendly Schools: Improved WASH facilities, menstrual health support, reusable pads and School Health Clubs help girls attend school with dignity and confidence.
- Protecting Girls and Their Rights: Training, counselling, child protection, safe reporting systems and SRHR education help create safer and more supportive environments.

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“Restoring hope is about transforming the environment in which every girl grows, learns and dreams.”

HDF’s vision is simple: a girl who is safe, confident, remains in school and believes in her future.

Stronger Girls, Brighter Futures.

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Growing Together: A Shared Responsibility

Girls grow within **families, schools and communities**, so empowering them requires everyone to play a role.

I AM GIRL SPACE promotes three key ideas:

Boys and men are part of the solution: Boys can become allies by challenging bullying, discrimination and harmful stereotypes while promoting respect for girls.

Replace stigma with understanding: Open conversations about teenage pregnancy, menstruation and gender inequality can replace shame and misinformation with empathy and support.

Raise a generation together: Parents, teachers, community leaders, boys and girls must work together to create safe environments where girls can remain in school and fulfil their potential.

Through **male engagement, school dialogues, community discussions and positive parenting.** I AM GIRL SPACE encourages communities to challenge harmful gender norms and support girls' rights and education. Menstrual health is also treated as a shared responsibility, involving girls, boys, families, schools and communities. When communities stand with their girls, girls stand taller.

Changing the Conversation, Changing Lives

Girls grow within families, schools and communities, so empowering girls must also involve boys and men.

I AM Girl Space believes boys are part of the solution. With the right knowledge and values, they can become respectful classmates, supportive brothers, responsible partners and champions of gender equality.

- In Schools: Boys engage through discussions, clubs, debates, drama and peer activities, while teachers promote empathy, safety and inclusion.
- In Families: Fathers and male caregivers are encouraged to support their daughters, promote positive parenting and value girls' education.
- In Communities: Leaders, elders, religious figures, boda boda riders and youth leaders challenge harmful norms and promote girls' dignity, safety and education.
- When boys and men choose respect and support, communities become safer and girls are empowered to believe in their futures.
- “Real change happens when boys and men become partners in protecting girls' rights, dignity and dreams.”





MENSTRUAL HEALTH & DIGNITY

Lack of menstrual products, clean water, private facilities and accurate information can cause girls to miss school, lose confidence and fall behind.

> No girl should miss school because of her period.

Menstrual Health & Dignity

No girl should miss school because of her period.

Lack of menstrual products, clean water, private facilities and accurate information can cause girls to miss school, lose confidence and fall behind.

HDF, together with its partners, supports girl-friendly WASH facilities, reusable sanitary pads, menstrual health education and School Health Clubs while engaging boys, parents and communities to challenge stigma.

Every girl deserves dignity, confidence and the opportunity to learn without interruption.

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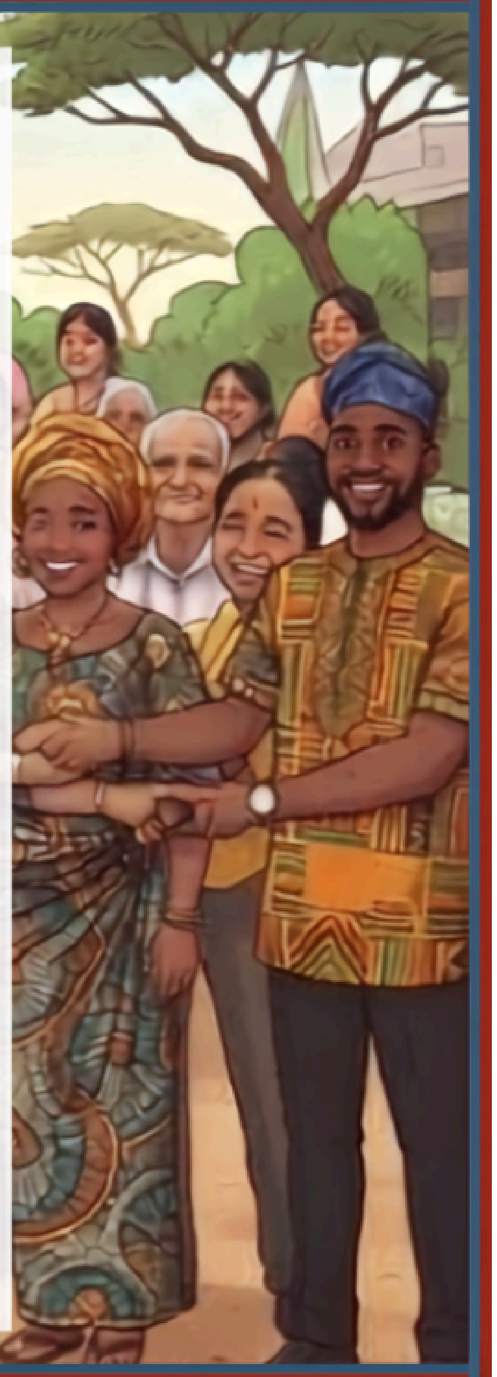
A Call to Action

Every girl has a role to play. So do we.

Every girl carries the potential to become a leader, entrepreneur, professional, mother or changemaker. But her future also depends on the choices we make today. We must listen to girls, protect their dignity, create safe schools and challenge harmful beliefs that limit their opportunities.

I AM GIRL SPACE is more than a podcast—it is an invitation to listen, learn, speak and act. Parents, teachers, leaders, communities, boys and men all have a role in creating a future where every girl has hope, dignity and opportunity . When one girl succeeds, families and communities become stronger.
I Am Fearfully and Wonderfully Made.

Your past, circumstances or others' opinions do not define your worth.
You are created with purpose. You are worthy. You are resilient. You are loved.



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