

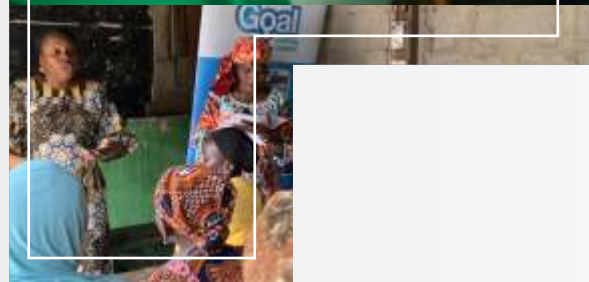


**YOUTH EMPOWERMENT
FOUNDATION**



2024 ANNUAL REPORT





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WHO WE ARE

Youth Empowerment Foundation is a non-profit, non-governmental organization, founded in 1995. YEF works with young people in Southwest and Northcentral Nigeria and has extensively partnered with government agencies, International organizations, local CSOs and corporate organizations to implement WASH, Health, Education, Sports for development and Leadership programs for youths across communities in Nigeria.

Founded in 1995 by two sisters, Fiwashade and Iwalola, YEF established its first office in Akure, Ondo state with 3 staff and 4 volunteers and moved to Lagos at Johnson street, Surulere, Lagos in 1997 and has been in Surulere Lagos since 1997. YEF has two field offices at ibadan and FCT Abuja. Youth Empowerment Foundation (YEF), with over 50 staff, volunteers and adhoc staff, delivers high quality programmes, services and had partnered extensively with local and international development organisations in its 25years of existence.



VISION

Our vision is to see a proactive youth population with skills for positive change



MISSION

Our mission is to empower youths through strategic partnership and programs in health, livelihoods, sports, education and leadership.



Our values include:

Respect: The organization fosters an environment in which staff feel safe, show regards for each other's feelings, opinions, race, gender, culture and religious beliefs.

Honesty: YEF operates with openness and fairness in all its programs and foster the spirit of accountability to the communities and groups we serve.

Integrity: Staff and the organization undertake work to the highest standards possible, ensures the confidentiality of personal information and adherence to ethical principles.

Excellence: This is our attitude to work, and we see it as a way of life. Thus, our staff consistently deliver high quality programs continuously to the best of their abilities. It defines our engagement with our stakeholders at various levels and our work.

Service and Passion: Staff have an inner drive to always deliver excellent service irrespective of challenges with a commitment to quality service and an assurance of confidentiality

Inclusion: Working in strategic partnership for a better tomorrow, we are inclusive in our approach to programs and projects. We work with very high ethics and fairness at all times



THEMATIC AREAS OF FOCUS

They include Education, Health, Livelihood, Sports for Development, Water, Sanitation and Hygiene (WASH)

OBJECTIVES

- i. To improve education and enhance capacities of students and teachers.
- ii. To reduce the risky behaviors among adolescents and young people.
- ii. To enhance the employability and economic status of young people.
- iv. To promote youth social development and healthy lifestyle through sports.
- v. To increase access to portable water, sanitation facilities and hygiene.



ABBREVIATIONS

AOA	-	Asisat Oshoala Academy
CP	-	Child Protection Network
E4F	-	Empowered for the Future
EE	-	Economic Empowerment
EV	-	Employee Volunteering
FCMB	-	First City Monument Bank
GBV	-	Gender Based Violence
GESI	-	Gender Equality and Social Inclusion
JSS	-	Junior Secondary School
LUWASH	-	Lagos Urban Water Sanitation and Hygiene
MHM	-	Menstrual Hygiene Management
MYSD	-	Ministry of Youth and Social Development
NCDs	-	Non-Communicable Diseases
SCB	-	Standard Chartered Bank
SSS	-	Senior Secondary School
USAID	-	United States Agency for International Development
WAPA	-	Ministry of Women Affairs and Poverty Alleviation
WASH	-	Water Sanitation and Hygiene
YEF	-	Youth Empowerment Foundation

EXECUTIVE SUMMARY

The Youth Empowerment Foundation (YEF) is a not-for-profit organization committed to empowering youth, particularly young persons with emphasis on the girl child. Guided by our mission which is “to empower youths through strategic partnerships and programs in health, livelihood, sports, education, and leadership”, we strive to create a lasting impact in communities across Nigeria.

2024 was a remarkable year as YEF was able to empower young people through various projects, advocacy efforts, and skill development initiatives. Through the unwavering support of our partners, we successfully implemented programs that reached thousands of individuals across Lagos, Abuja, Ibadan, and Abeokuta. One of the most significant milestones for YEF this year was the relocation to our new headquarters in Lagos, this indeed marked a major step forward in strengthening our operations and expanding our reach.

Among our key initiatives were the Goal Project and the Economic Empowerment Project, sponsored by Standard Chartered Bank, which focused on empowering young girls both in and out of school. These projects provided essential life skills training, entrepreneurial empowerment, and experiential job shadowing opportunities. A major highlight was the Goal Camp, where young girls learned valuable skills to help them navigate life independently without peer pressure and due consideration for parental guidance. Although the sponsorship of



Iwalola Akin-Jimoh

Executive Secretary,
Youth Empowerment Foundation

this project ended in December 2024, after 14 years of support, YEF remains committed to continuing Goal in selected schools to sustain its impact and empowerment of young girls.

Additionally, we continued our Empowered for the Future (E4F) Project, sponsored by First City Monument Bank (FCMB), which provided young people with the opportunity to learn new skills, engage in employability opportunities where beneficiaries are placed for job shadowing to acquire practical training/skills or gain insights into their prospective career paths, and develop entrepreneurial ventures that ensure sustainable income. This initiative now in its 8th season has contributed significantly to improving the lives of youths and fostering socio-economic development in our communities.

Another impactful initiative was the "My Period App" project, a LUWASH initiative funded by USAID through Chemonics International Inc. This project enabled YEF to make significant strides in promoting menstrual hygiene management in Lagos' urban communities.

The project's objective was to foster ownership and improve practices among residents, focusing on WASH-friendly communities. Our multi-faceted approach comprised of Interactive training sessions on menstrual hygiene management, Radio listening groups to disseminate information on best practices, address gender issues and debunk stereotypes on reusable pads, Community dialogues to identify and address deep-seated gender norms, promoting positive behavioral change on WASH as it relates to women. Through "My Period App", YEF is effectively driving awareness, challenging societal norms, and empowering individuals to adopt better hygiene practices.

In addition to our core projects, YEF actively engaged in numerous advocacy and awareness outreaches throughout the year, marking significant international events such as World Financial Literacy Day, International Women's Day, World Savings Day, International Day of the Elimination of Violence Against Women,

International Day of the Girl Child, and World Menstrual Hygiene Day. Beyond these, we prioritized child protection efforts, raising awareness on the dangers of Female Genital Mutilation (FGM), as well as implementing community-based health and well-being outreach programs. Our advocacy against Gender-Based Violence (GBV) remained a crucial focus, as we worked to address this growing societal issue.

Recognizing the power of sports for development, YEF also leveraged Taekwondo as a tool to train young girls in schools, fostering strength, resilience, and courage. A key highlight of this initiative was the 3rd Female Taekwondo Championship Tournament, held in Abuja, which proved to be a resounding success.

While 2024 presented its challenges, YEF overcame them through the extensive support of our partners, donors, and stakeholders, enabling us to carry out our projects successfully and impact the lives of thousands of young people. As we look ahead to 2025, we are excited to continue our work and further expand our initiatives. We plan to continue the LUWASH Project implementation, sustain the Goal Project in selected schools across Lagos, Abuja, Ibadan, and Abeokuta, launch the 9th phase of the Empowered for the Future (E4F) Project, implement Financial Literacy and World Savings Day events across selected schools, and continue to mark and promote key international awareness days.

On behalf of the board members, staff, and the entire YEF team, we extend our deepest gratitude to our partners, donors, stakeholders, networks, coalitions, ministries, and civil society organizations for their continuous support. As we reflect on the year, we give thanks to the Almighty for a prosperous 2024 and look forward to an even more impactful 2025. Together, we are shaping a brighter future for the next generation.

Thank you for all that you do!

YEF STAFF



Mrs. Funmi Alabi
Finance and Administrative Manager



Mrs. Tolu Osoba
Senior Program Manager, Lagos



Miss Bukola Akingbohunge
Senior Program Officer, Ibadan



Mr. Tony Eleme
Senior Program Officer, Lagos

YEF STAFF



Mr. Ugwuoke Osita
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Program Assistant, Ibadan



Miss Omoniwuraola Olaoye
Program Assistant, Lagos



Miss Rachael Bulus Zakama
Communications Officer, Lagos



Mr. Taofeek Adeleye, the retreat consultant, pictured with YEF Staff during the annual staff retreat

YEF'S ANNUAL STAFF RETREAT 2024

Youth Empowerment Foundation over the years has immensely empowered its workforce with capacity-building programs to improve their professional service delivery and personal lives. The annual staff retreat is one of the formidable avenues created for this purpose. The importance of the retreat was to provide a space for staff to come together, reflect on the past year, and plan for the new year.

This year's retreat focused on nutritional wellness, proposal development, team bonding and sustainability strategies. It successfully motivated and inspired the YEF staff for the year ahead. The retreat strongly boosts YEF's mission to drive a meaningful and an impactful change in its workforce.



A NEW CHAPTER: YEF MOVES TO ITS NEW AND PERMANENT HEAD OFFICE

Way to go! YEF has finally moved to its own permanent head office. Located in the heart of Surulere, Lagos at No 43, Akerele Street. The new office marks a significant milestone and a great achievement in the history of the foundation who will celebrate its 30th anniversary by February 2025.



Mrs. Rotimi, Chairperson of the YEF Board, alongside Prof. Motunrayo Olumakaiye (Keynote Speaker), Ms. Tinuade Awe (Chairperson of the Opening Ceremony), Mrs. Lydia Onifade (Board Member), Mr. Wale Bello (Auditor), Mr. Ogunsola (Board Treasurer), Prof. Wasiu Afolabi (President, NSN), Venerable Henry Adelegan, Mr. Kunle Adegbie and other distinguished guests at the YEF office opening



Mrs Mobee, Helpgate Foundation, Mrs. Emovon Executive Director, Helpgate Foundation, Bolaji Sanyaolu, friend of the house, Mrs. Ngozi Okoro, Board Member, Child Protection Network Nigeria and other distinguished guests at the YEF office opening



Ms. Tinuade Awe admiring the Plaque dedicated to Prof. Bolanle Awe (her mother) at the opening of YEF office in Lagos



Professor Wasiu Afolabi, the President of the Nutrition Society of Nigeria delivering a keynote speech during the opening of the YEF office

A NEW CHAPTER: YEF MOVES TO ITS NEW AND PERMANENT HEAD OFFICE



***The newly opened YEF Office Building,
a milestone in the
organization's journey to empowering
youths and communities***



NIGERIAN WOMEN CELEBRATED

On March 8, 2024, YEF celebrated the International Women's Day under the theme 'Inspire Inclusion', emphasizing the importance of empowering women to contribute actively to societal building, especially in the areas of leadership and economic growth. The event brought together girls and women in the community to foster a sense of self-worth and mutual support.

The program highlighted the accomplishments of women in fields of politics, sports, and business, whilst encouraging participants to envision their own potential and future impact. Sessions included discussions on personal development and strength of women in nation building.

YEF is committed to empowering and celebrating women and girls in Nigeria.



At Ahmadiyya Mosque in Ibadan, women united to celebrate International Women's Day and promote gender equality.



Students at Junior Secondary School, Life Camp, joined the celebration of International Women's Day with inspiring activities



Students from St. Anne's School I, Yejide Girls' Grammar School, People's Girls' Grammar School, St. Teresa's College, and United Missionary Comprehensive College gathered in Ibadan to raise awareness and celebrate World Menstrual Hygiene Day.

Together for a #PeriodFriendlyWorld



Students from New Era Senior Secondary School, Obele Community High School, and Ideal Girls Senior Secondary School joined us at the YEF office for an inspiring celebration of World Menstrual Hygiene Day.

The Menstrual Hygiene Day is celebrated every year on the 28th of May. YEF, through its mission to empower youths particularly young girls and women marked the day by educating girls in communities and in schools with Menstrual Hygiene Management (MHM) skills. The celebration emphasized on promoting menstrual hygiene tips such as taking one's bath at least twice a day, changing sanitary towel at least every eight hours, eating a lot of fruits, drinking lots of water and engaging in mild exercises to reduce pains during menstruation.

The program which was organized across schools in Abuja, Ibadan and Lagos, raised awareness and addressed common menstrual myths and taboos in the society. More importantly, the girls were taught menstrual cycle timing as well as practical skills in the usage and disposal of used pads.

A significant highlight of the event was the generous donation of sanitary pads by Ms. Titilayo Ahmadu, the CEO of the Women's Organization of Resources, Knowledge & Skills (W.O.R.K.S). Her support played a crucial role in ensuring that each girl received a pack of sanitary pads.

WORLD FINANCIAL LITERACY DAY 2024

The World Financial Literacy Day is an initiative that promotes a worldwide awareness on the importance of savings. It aims to encourage responsible and consistent saving of money and the importance of budgeting as a path to financial empowerment.

The program increases the levels of financial literacy and financial inclusion, especially among the young people globally, while it ultimately culminates in a stable and sound financial system and positive economic environment. The theme for this year's event is Protect your money, Protect your future.

It is on this note that Standard Chartered Bank in partnership with Youth Empowerment Foundation conducted financial literacy day in Port-Harcourt, Abuja, Benin and Lagos state reaching over 800 students.



Empowering young minds in JSS Kubwa 2, Abuja, with essential financial literacy skills to shape a financially responsible future



Students of JSS Dutse Sagwari, Abuja, learned critical money management skills during our literacy session.



Financial Literacy Empowerment in JSS Kubwa I, Abuja

Young Leaders Empowered: Fostering The Spirit of Entrepreneurship Through YEF Annual Camp for Girls



Over 60 Goal Champions were selected across Ibadan and Lagos secondary schools for YEF 2024 annual camp activity program for girls. This is the 5th phase in the series of the foundation's August camp for Adolescents and Young Persons (AYPs) in Nigeria.

The one-week program was held at the NYSC Orientation Camp, Iyana- Ipaja, Lagos. The program created a safe and nurturing space for young girls to learn, have fun and network among friends. Every year, the camp provides opportunities for girls to be mentored, learn and acquire at least, a vocational skill for their personal, economic and academic growth. Some of the skills taught during the camping program were, gele-tying (head-ties), hair making, reusable menstrual pads, beading works and so on.

Aside vocational skills, the girls learnt other soft skills with real life scenarios. This is to help them navigate life and make informed decisions about their future. Equally, the camp mentored the girls on Academic Excellence, Menstrual Hygiene Management, Financial Literacy, Digital Safety skills, Adolescent Nutrition, Career Planning, Gender Based Violence prevention and basic First aid skills (Cardiopulmonary Resuscitation, CPR) for emergency situations.

This experience was wholesome. Girls were empowered in all facets of their daily lives. For example, there was Taekwondo training, talent hunts, riddle games, puzzles, quiz, sports, debate and group presentations and so on. It is pertinent to note that the girl's confidence, teamwork skills, resilience and public speaking skills among others were built.

The girls had fun, made new friends and shared their camp stories.



Goal camp educational class in full session



Laughter and teamwork abound as the Goal girls participate in fun and engaging games



Our Goal girls embrace creativity as they learn to craft beautiful beaded handbags



Mastering the art of traditional elegance during Gele-tying classes at the Goal Camp

Celebrating the Girl Child

To mark the International Day of the Girl Child, YEF facilitated impactful sessions across various schools in Ibadan, Lagos and Abuja, reaching over 1,700 young girls. The theme for this year's celebration is "Girls' Vision for the Future". During the program, the girls were engaged on topics such as eradicating Gender-based Violence, Academic excellence, Setting personal goals and decisions. The seminar empowered the girls to share their visions, future aspirations, personal hygiene practices and their overall well-being.



A vibrant celebration of the International Day of the Girl Child with students at New Era Junior Secondary School, Lagos, highlighting their potential and advocating for their rights.

YEF Community Events

This year, YEF organized series of outreach programs across Bayelsa, Oyo, Kaduna, Nasarawa, Lagos, and Abuja, addressing critical issues affecting women and girls. These initiatives focused on empowerment through essential knowledge, equipping the participants with the tools to recognize, prevent, and respond to various forms of abuse. According to the World Bank Gender Data Portal (2022), 736 million women worldwide experience gender-based violence. Through these programs, YEF raised awareness and fostered meaningful discussions on combating this pressing issue.

The sessions included interactive role-plays that enables one to identify GBV signs, set boundaries, and possibly support survivors. Additionally, other events emphasized on child safety and well-being for parents, covering emotional health, nutrition, and vigilance against bullying and abuse.

YEF used this program to sensitized people on the dangers of Female Genital Mutilation (FGM), as one of the critical health issues affecting the girl child in our society.

These community events not only provided participants with valuable resources but also promoted collective actions towards a safer and healthier future for all.



Gender-Based Violence Awareness Event
in Nyanya Community, Abuja



At Ifesowapo Community in Ologuneru, Ibadan, we united for a community event to educate and advocate against Female Genital Mutilation (FGM).



YEF hosted an impactful event on stress and stressors, equipping community members with practical tools to manage daily challenges at Christ the Light Church, Ologuneru, Ibadan

FCMB CREATED MORE JOBS FOR YOUTHS THROUGH EMPOWERED FOR THE FUTURE PROJECT

This year marks the 8th phase of the Empowered for the Future (E4F) project. This project is proudly sponsored by the First City Monument Bank (FCMB) in partnership with Youth Empowerment Foundation (YEF). Since its inception, the E4F project has successfully empowered over 500 youths with various vocational skills of interest across Lagos, Ibadan and Abuja. The initiative also support youths in choosing a future career of their choice through the job shadowing (placing youths in different companies for internship experience) aspects of the project.

This year, E4F project empowered 45 beneficiaries across 3 sites in Nigeria. To mark the end of this year's project, beneficiaries exhibited their handwork and were mentored on business development skills.

During the graduation ceremony in Abuja, **Mr. Omoniyi lyanda** (FCMB Corporate Social Responsibility and Sustainability Reporting Manager) on behalf of the bank, commended the beneficiaries for their patience and zeal to learn and grow their business. Noting that one of the core values of FCMB is job creation through youth empowerment. He also applauded YEF for a job well done. He finally underscored the bank's commitment in improving economic growth in Nigeria.

In his words; "I want to cease this opportunity to congratulate the beneficiaries for their efforts and zeal during their learning period. Especially their passion to establish businesses of their own. I also give more applause to YEF for a job well done. FCMB is a bank that is committed to create more jobs for youth and contribute to the economic growth in Nigeria".



E4F beneficiaries actively participating in the Business Development Training in Lagos



A moment of fun and energy as beneficiaries take part in an energizer activity during the E4F Startup Training in Lagos



E4F beneficiaries proudly display their certificates in a celebratory group photograph during their graduation in Ibadan



Mr. Omoniyi lyanda, Corporate Social Responsibility and Sustainability Reporting Manager, FCMB, inspires and addresses E4F beneficiaries during their graduation ceremony



A proud moment as YEF's Executive Secretary, Mrs. Iwalola Akin-Jimoh, beneficiary coach Mr. Uche Chuks, and Mr. Omoniyi lyanda present a certificate to E4F graduate, Teniola Praise



E4F beneficiaries during their Business Development training in Abuja

BUILDING STRENGTH AND RESILIENCE THROUGH TAEKWONDO

Youth Empowerment Foundation (YEF) hosted the 3rd Edition of its Annual Female Taekwondo Championship at Mambila Army Barracks, Abuja FCT. The Championship was organized to highlight and celebrate the empowerment of women through sports. It was a 2 –day event and it was held on October 25th and 26th, 2024. The event brought together 123 female athletes, 22 elite players in the adult category, and over 100 children and young athletes, representing six states and eight clubs. This championship aimed to recognize and advocate for the full spectrum of girls' rights while amplifying their voices and leadership roles. It also served as a platform for these athletes to showcase their martial arts skills, demonstrating their courage, determination, and hope for a future where every girl is protected, respected, and empowered. The Taekwondo Championship event received support from Standard Chartered Bank, through the Future makers Project, Korean Cultural Center, Nigeria, Nigerian Army, Development Communications Network (DEVCOMS) and Fitness Konnections.

The event featured a Gender Based Violence Awareness Session which took place on the first day. The session was a highly impactful one and it was attended by 83 girls and facilitated by three experienced trainers from Child Protection Network, Nigeria. It was divided into three sections, where the girls were then educated on: Types of violence against women and girls, including physical, sexual, and psychological harm and Ways to recognize and combat acts of GBV in their communities. This awareness session not only provided valuable insights but also empowered the

girls to become advocates for their safety and well-being. Concurrently, athlete weighing and registration for the championship were carried out.

The Taekwondo Championship event then took place on the second day, beginning promptly at 7:00am. The competition included: Individual and Team Poomsae Category – A showcase of synchronized Taekwondo patterns and techniques. Kyorugi Category – An exciting sparring event that tested the athletes' skills and resilience. The championship event concluded with an award ceremony, where medals were presented across all competition categories. It was graced by notable personalities including the Major General Nahum, Lieutenant Colonel Babangida, Corporal Hassan, the principal of Army Day Secondary School, Maitama, Mr. Robert order Principal of Mambilla Barracks and the Head of Sports from the Secondary Education Board (SEB). Media stations such as AIT and Galaxy TV provided extensive coverage, with interviews conducted with key stakeholders, including the Executive Secretary of YEF.

Indeed, the 3rd Edition of the Female Taekwondo Championship was an unequivocal success. It was not just a sports event but also a platform for advocacy, empowerment, and community engagement.. It really boosted the girl's confidence and resilience. The event re-emphasized the message that every girl deserves to be protected, respected, and empowered to reach her full potential. It left a lasting impact on participants and attendees alike, inspiring hope for a brighter and more equitable future

Medal Table Results of the 3rd Edition of Women Taekwondo Championship 25th -26th October 2024. Abuja 2024 (YEF)

	CLUB / STATE	GOLD	SILVER	BRONZE	POSITION
1	YEF	3	2	14	1 st
2	BEGEE	3	1	3	2 nd
3	BAYESLA STATE	3	1	1	3 rd
4	DAMEK	2	9	5	4 th
5	MCTC	2		1	5 th
6	KENNY MARTIAL ART	2		1	6 th
7	ASO ROCK	1	1	2	7 th
8	NIGERIA POLICE FORCE	1	1	1	8 th
9	KCCN	1		3	9 th
10	KIMAX LAUTECH		2	3	10 th
11	NASSARAWA STATE		1		11 th
12	KADUNA			1	12 th



Highlights from the Taekwondo Championship featuring remarkable athletes in the Kyorugi category



Taekwondo athletes in training sessions at Junior Secondary School, Mpape, Abuja ahead of the Championship



Group Photograph of the Executive Secretary of YEF, Mrs. Iwalola Akin-Jimoh, Officials from KCCN Master Gbolahan, Coach Ella, Coach Jane and Mrs. Mofeoluwa John, YEF staff in Abuja



Victorious athletes proudly displaying their medals after a competitive round



A lineup of participants preparing to showcase their skills, highlighting discipline and teamwork



YEF Executive Secretary, Mrs. Iwalola Akin-Jimoh, presenting a medal to an outstanding athlete during the 3rd Edition of the Taekwondo Championship

ADVANCING WELLNESS AND HEALTHY NUTRITION;

A research by YEF

Youth Empowerment Foundation conducted a consultancy research to assess and identify the wellness needs of the older population. This research aimed to understand the prevalence and management of chronic conditions such as hypertension, diabetes, cancer, arthritis, hyperlipidemia and erectile dysfunctions. The study support YEF's commitment to promoting healthier communities through actionable insights and targeted wellness initiatives.

Key findings from study group I include:

More than half (52.9%) of the respondents had been living with their conditions (NCDs) for more than 5 years, 35.3% had been living with their conditions between 1 to 5 years, 11.8% had been living with their conditions for less than a year

All (100%) of the respondents do not smoke

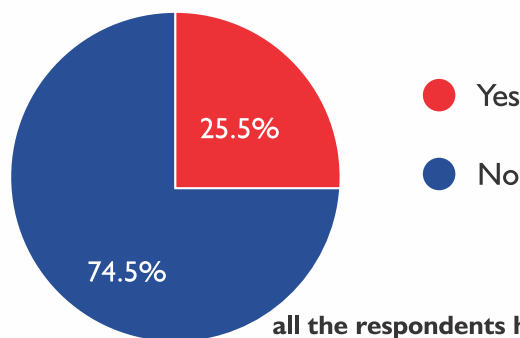
58.2% of the respondents consume alcohol, while 41.8% do not consume alcohol

All (100%) of respondents are currently not being managed by a nutritionist or dietitian

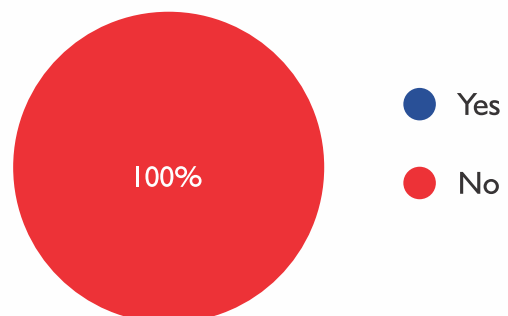
Most of the respondents skip meals sometimes (72.7%), 10.9% rarely skip meals and 16.4% skip meals all the time

Key findings

Do you engage in regular physical activity?
55 responses

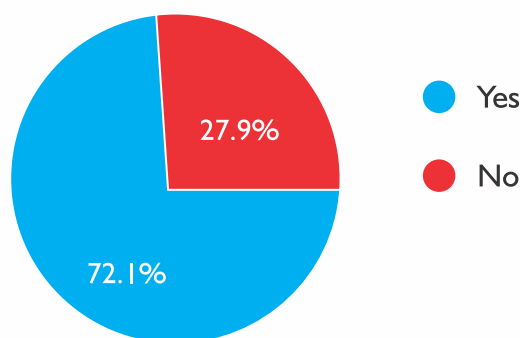


Are you currently being managed by a nutritionist or dietitian?
55 responses



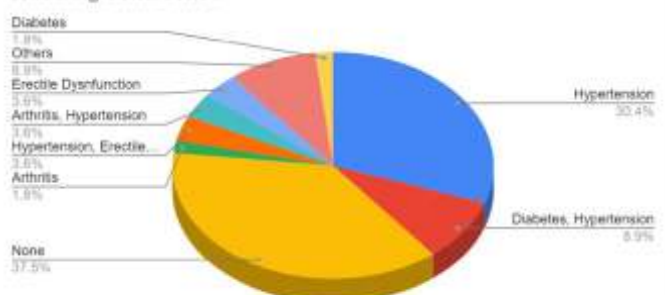
all the respondents have never been managed by a dietitian or nutritionist for their health conditions

Are you currently taking any medication for your condition(s)?
43 responses



27.9% of the respondents are currently not taking any medications for their conditions

Count of Have you ever been diagnosed with any of the following conditions?



30.4% of the respondents have hypertension

Key findings from study group 2 include:

35.7% of the respondents are Hausa, 11.9% are Fulani, 7.1% are Kanuri, 4.8% are Ebira, 4.8% are Nupe, 4.8% are Yoruba, and 2.4% are from other ethnic groups including Gwari, Gamai, Birom, Okun, Jaba, KANUFI, Shuwa-Arab, Yandang, Berom, Kagoro, Ijumu, Igala, and Kabba

20.5% of the respondents are currently not taking any medication for their conditions, 65.9% are currently taking medications

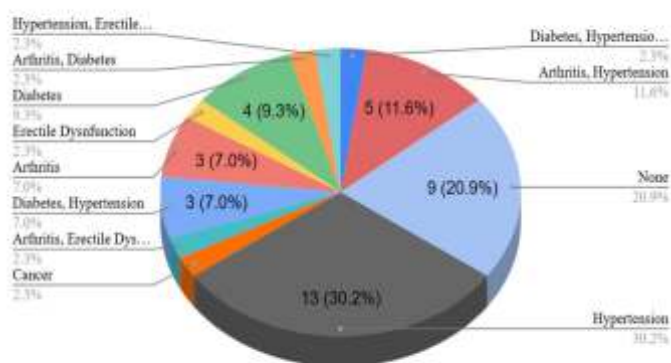
5.4% of the respondents consume alcohol weekly, 2.7% occasionally, 10.8% rarely, 2.7% once every three to four months, 5.4% monthly and 73% never consume alcohol

25.8 % of the respondents have been diagnosed with type 2 diabetes

93.3 % of the respondents are not being managed by a dietitian while 6.7% are currently being managed by a dietitian or nutritionist

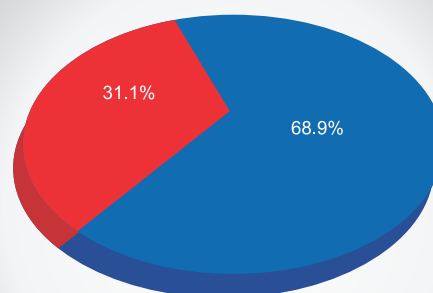
Key findings include:

Have you ever been diagnosed with any of the following conditions?



30.2 % of the respondents have hypertension

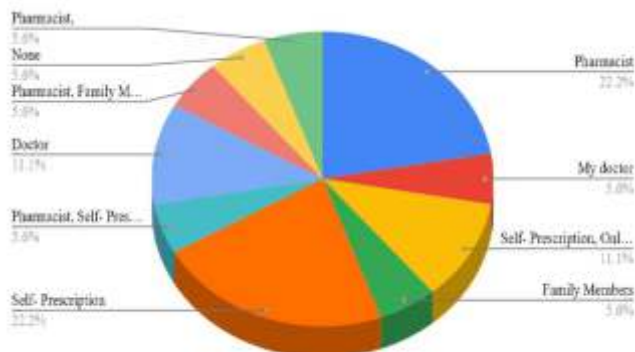
Do you use medications not prescribed by a medical doctor?



● No ● Yes

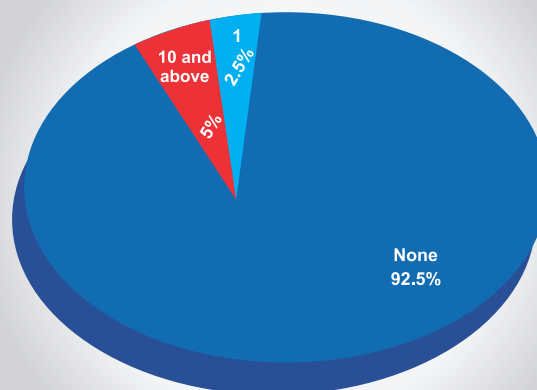
68.9 % of the respondents use medications not prescribed by a medical doctor

If so, who prescribes the medications? (Select all that apply)



22.2 % of the respondents practice self prescription

On average, how many cigarettes do you currently smoke each day?



5% of the respondents smoke 10 and above cigarettes each day

Challenges in Management from both research: Respondents cited the high cost of medications, limited access to healthcare providers, and the need for more education on lifestyle management as significant barriers to managing their health.

This research emphasizes the importance of targeted wellness programs and educational sessions, particularly in addressing chronic conditions prevalent among older adults. By leveraging these insights, we aim to empower communities to take proactive steps in managing their health and wellness.

RECOMMENDATIONS/CONCLUSIONS OF FINDINGS

The presence of these diseases; arthritis, diabetes mellitus, hypertension, hyperlipidemia and erectile dysfunction in humans does not equate to a death sentence or terminal death.

These diseases have common risk factors, some of which are alcohol consumption and smoking, quitting smoking and alcohol consumption plays a huge role in the prevention of these diseases.

With proper dietary patterns and management, and adequate use of medications, disease conditions can be effectively managed for as long as possible.

With regular engagement in physical exercises, factors responsible for chronic diseases such as obesity and overweight can be prevented and managed.

The importance of dietary counselling cannot be overemphasized; therefore, it is important to consult a dietitian instead of sourcing for information on the internet .

BREAKING THE SILENCE: ENDING GENDER-BASED VIOLENCE IN OUR SOCIETY

YEF commemorated the 2024 International Day for the Elimination of Violence Against Women, themed "Unite to End Violence Against Women," with events across Lagos, Abuja, and Ibadan. The sessions raised awareness about gender-based violence and different reporting mechanisms, whilst encouraging collective action towards the elimination of all forms of violence against women.

In Abuja's Dutsepe Community, Mr. Olorunfemi Olusegun a Child Protection specialist, led discussions on the causes, consequences, and legal remedies for violence, urging participants to break the culture of silence which according to him is the general GBV prevention slogan "See Something, Say Something."

In Sari-Iganmu Community, Lagos, Alhaji Awofeso, the Vice President of the Lagos Child Protection Network, spoke about the prevalence of gender-based violence (GBV), its dangers, and possible solutions. He advised community members to always speak up and encouraged them to create a WhatsApp group, adding him to it for easier reporting and direct communication. He also assured them that they could message him privately to ensure their reports remain confidential and protected.

Meanwhile, in Temidayo Community, Eleyele, Ibadan, Mrs. Oluwatoyin C. Daniels called for unity and support from men to protect women and girls. She emphasized that 1 in 4 girls experiences violence in their live time.

More than 200 participants were reached across sites during this events.



Raising awareness on the International Day for the Elimination of Violence Against Women in Sari-Iganmu Community, Lagos.



The Dutsepe Community in Abuja came together to celebrate the International Day for the Elimination of Violence Against Women, advocating for change and equality



Residents of Temidayo Community, Eleyele, Ibadan, joined hands to commemorate the International Day for the Elimination of Violence Against Women.



YEF PROVIDES TECHNICAL ASSISTANCE ON SAFEGUARDING

To create a safe and inclusive environment for young athletes, the Youth Empowerment Foundation (YEF) has partnered with the Asisat Oshoala Academy (AOA) to conduct a comprehensive review of its Safeguarding Policy.

Prior to the review, a Drawing the Line Tools (DTL) session engaged athletes in identifying key safeguarding concerns, using interactive tools to prioritize issues affecting their safety and well-being. Simultaneously, a Safeguarding Policy Meeting with academy coaches and staff addressed challenges such as harassment, discrimination, and the effectiveness of disciplinary protocols.

These preliminary sessions provided invaluable insights into the academy's safeguarding gaps. The review meeting explored the strengths and weaknesses of the existing policy. Athletes' concerns were discussed, suggestions and recommendations were provided to address some of the identified complaints.

This collaboration between YEF and the Asisat Oshoala Academy represents a critical step towards embedding a culture of respect, inclusion, and protection in sports.

YEF uses Sports for Development to empower young girls and women in Nigeria.



AOA athletes engaged in a crucial DTL Safeguarding Session, promoting safety and well-being on and off the field



AOA coaches gather for an insightful meeting on safeguarding policies to ensure the protection of all athletes



Dr Bukola George (Consultant), Mr Solomon Tommy (AOF) , Asisat Oshoala and Omoniwuraola Olaoye (YEF staff) meet to discuss safeguarding strategies for the Asisat Oshoala Academy



Mr. Israel Akande delivering an engaging session as the facilitator during the Holiday Computer Training program

SHAPING FUTURE LEADERS THROUGH TECHNOLOGY



Chukwu Helen, Idowu Nuriyah, Akinyele Oluwanifemi, Adeyemo Fathia, and Ishola Oluwabukola during the Holiday Computer Training

Through the Goal project , YEF organized a four-week computer literacy training for selected SSS2 students across 3 schools in Lagos. The schools were Ansar-uw-deen Senior Secondary School, New Era Senior Secondary School and Gbaja Senior Secondary School

The program introduced the students to essential computer literacy skills, including understanding hardware, operating systems, and practical tools like Microsoft Suite. The computer training facilitator **Mr. Israel Akande** (Managing Director, Extreme Information Technology) highlighted how these skills are crucial for academic success and career opportunities in fields like programming and cybersecurity. Through interactive sessions such as creating emails and working with digital tools, students gained practical experience and the confidence to navigate the demands of a tech-driven future.

MY PERIOD APP: FOSTERING OWNERSHIP OF MHM IN WASH-FRIENDLY URBAN COMMUNITIES IN LAGOS

The Youth Empowerment Foundation (YEF) in collaboration with USAID-LUWASH (United States Agency for International Development & Lagos Urban Water, Sanitation, and Hygiene) is implementing a project which is aimed at addressing critical gaps in Menstrual Hygiene Management (MHM) in urban communities and schools in Lagos. The main purpose of the project is to foster community ownership and action around menstrual hygiene management and WASH facilities, especially at the community level and in schools.

This project started with an extensive formative research which supports the fact that menstrual health is a pivotal aspect of reproductive health that influences not only physical well-being but also impacts education, economic participation, and social equality. Yet, menstrual health remains a neglected issue in many parts of the world, especially in Africa where cultural taboos and inadequate WASH (Water, Sanitation, and Hygiene) facilities exacerbate these challenges.

Using My Period App project, YEF targets key groups, including religious centers (Mosques and Churches), marketplaces and out of school Adolescents and Young Persons (AYPs) in Lagos, ensuring that it reaches the most vulnerable populations, particularly girls and women from underprivileged backgrounds.

So far, 2,550 adolescents (2,160 females and 310 males) across 41 schools in Lagos are undergoing training in menstrual hygiene management and the production of reusable menstrual pads. Additionally, the project aims to engage 3,000 community members and government stakeholders in advocacy efforts to dispel menstrual misconceptions and promote the adoption of reusable menstrual pads. To further expand its impact, YEF will leverage live radio listening sessions and the My Period app to enhance menstrual hygiene skills and address common misconceptions in society.



Principals, religious leaders, school counselors, and market women gather for the LUWASH stakeholders meeting in Education District 4.



Organizational Capacity Assessment with the CHEMONICS team in Lagos



MHM training on reusable pads equips enumerators for teaching schoolchildren and women as part of the LUWASH project



Collaborative engagement at the LUWASH Stakeholders Meeting in Education District VI, Lagos



Stakeholders engage in insightful discussions to shape the future of water, sanitation, and hygiene (WASH) across Lagos communities.



MHM manual training session for the LUWASH project with our dedicated enumerators

BEYOND BANKING: SCB STAFF TOUCHING LIVES DIFFERENTLY THROUGH EMPLOYEE VOLUNTEER (EE) ENGAGEMENT



This year, Standard Chartered Bank, in collaboration with the Youth Empowerment Foundation, facilitated series of impactful sessions across several schools in Lagos. These programs empowered the students with essential skills in financial literacy, entrepreneurship, health awareness, and personal development.

These interactive activities created lively, educative and inclusive atmosphere in schools. Sessions on career development encouraged students to explore diverse paths, emphasizing the value of education and the importance of setting achievable goals.

Sessions on financial literacy, mentored students on fundamentals of saving, budgeting, and distinguishing between needs and wants, setting realistic long-term financial goals and so on.

On health and wellness EV programs, students were mentored on proper nutrition, dangers of excessive salt, sugar intake, and the benefits of regular exercise. Self-care was highlighted as a vital component of well-being, including physical, mental, and emotional health.

During the International Day of the Girl Child at New Era Girls Senior Secondary School, the bank had a session on Technology. They encouraged the girls to pursue careers in fields like cybersecurity, with an emphasis on breaking stereotypes and embracing opportunities in traditionally male-dominated industries. The bank (Standard Chartered) additionally donated laptops computers to the school.

These volunteering activities by Standard Chartered Bank highlighted the bank's commitment in giving back to the society and creating a better world for all.



Employee volunteering session at Community Junior High School, Lagos



A brighter future begins here: Standard Chartered Bank donates laptops to students at New Era Senior Secondary School as part of their Employee Volunteering initiative



Standard Chartered Bank staff visiting Special Girls Correctional Center, Idi-Araba for an employee volunteering session



Standard Chartered Bank visits Onike Girls Junior Secondary School, Lagos to facilitate sessions on daring to dream and choosing the right career



Group photo with Standard Chartered Bank team and Onike Girls Junior Secondary School Goal girls

WORLD SAVINGS DAY



Students at Ansar-Ud-Deen High School, Lagos celebrated World Savings Day with engaging activities and learning

The World Savings Day event promotes a worldwide initiative to encourage responsible and consistent saving of money.

This year's (2024) event with the theme Sustainable Finance: Building a Better Future was celebrated across four states (Lagos, Abuja, Edo and Rivers) reaching more than 300 students across the 5 sites.

Overall, the sessions were successful, empowering the students with key information on savings and money management. Notably, the students were introduced to the Standard Chartered Bank Prodigy Savings Account for kids, designed to encourage savings habits from young age.



Students of St. Peter's Catholic School in Benin City celebrated World Savings Day, gaining valuable insights on saving and financial planning.



YEF conducted an impactful World Savings Day event at Government Day Senior Secondary School, Asokoro, Abuja empowering students with financial knowledge



GOAL PROJECT 2024

The Goal Project is an initiative aimed at empowering young girls, both in and out of school, through a comprehensive program that combines life skills, sports training, and educational activities. Proudly sponsored by Standard Chartered Bank and implemented by the Youth Empowerment Foundation, the project operates in Lagos, Ibadan, Abeokuta and Abuja, Nigeria, with the mission of fostering self-confidence, promoting healthy lifestyles, encouraging economic independence, and addressing critical issues such as gender-based violence (GBV).

The project is structured around four core modules: Be Yourself, Be Healthy, Be Empowered, and Be Money Savvy. These modules address key topics such as reproductive health, HIV/AIDS prevention, life skills development, and financial literacy. The Goal beneficiaries also engage in sports like football and Taekwondo, which help to build teamwork, discipline, and resilience.

In 2024, the Goal Project directly benefited over 2,300 girls and indirectly impacted an additional 6,000 through peer outreach. The year's activities included life skills sessions, sports training, and various interactive events such as quiz competitions, GBV awareness programs, and service-learning projects.

One of the year's highlights was the Goal Quiz, which served as a platform to enhance participants' knowledge of their environment, health, rights, education, and civic responsibilities. This activity fostered academic excellence, improved competitive spirit, and bolstered self-confidence among the girls.

Additionally, the Goal Project introduced an Economic Empowerment program this year. This initiative provided vocational training and job shadowing opportunities for its beneficiaries, equipping them with practical skills to achieve economic independence. Outstanding participants received startup support and resources to launch their own ventures. A total of 150 girls gained vocational skills, secured job placements, and showcased their products during an inspiring graduation exhibition.

Community involvement was also a cornerstone of the year's activities. The project extended its impact through family-oriented events like the Family Fun Day, organized by Standard Chartered Bank, which fostered stronger connections between the girls and their support networks while increasing awareness of the initiative.

The Goal Project continues to create a transformative impact by equipping young girls with the tools and confidence needed for personal and professional growth. By integrating education, sports, and economic empowerment, it remains a powerful force for building brighter futures for its beneficiaries and their communities.



A proud moment as Goal Economic Empowerment beneficiaries celebrated their graduation and showcased their creativity during the exhibition



Beneficiaries of the Economic Empowerment program graduated and displayed their projects during the exhibition in Abuja



Mrs. Joke Adu Oshoniye during a visit to Ideal Junior Secondary School, Lagos, years ago, engaging with the Goal Girls.



Key stakeholders gathered at the YEF office to discuss the Economic Empowerment Project, fostering collaboration and growth.



A group photograph featuring YEF Senior Programs Manager, Mrs. Tolulope Osoba, Senior Programs Officer Bukola Akingbohunge, YEF Executive Secretary, Mrs. Iwalola Akin-Jimoh, alongside our inspiring Goal Champions – Soliah Abdullah, Oluwaseyi Raphael, and Wuraola Ajibade – captured during the exciting Goal Quiz in Ibadan.



Mrs. Joke Adu, Head of Corporate Affairs, and Mrs. Iwalola Akin-Jimoh, YEF Executive Secretary, presenting certificates to EE beneficiaries during their graduation ceremony



EE beneficiaries showcased their projects during the exhibition in Abuja



Miss Bukola Akingbohunge and Mrs. Mofeoluwa John (YEF staff), Mr. Seun Oliwo (Standard Chartered Bank staff), and Mrs. Agada (Goal Girls Contact Person) presenting awards to Goal Girls Ezeifeka Chizaram and Afolabi Oluwakemi from Junior Secondary School Kubwa I for their outstanding performances in the Goal Quiz in Abuja



Wesley Girls' Junior Secondary School students showcasing teamwork and spirit during Goal games



Group photo of beneficiaries at the Economic Empowerment Project graduation ceremony in Ibadan.

KEY FINANCIALS FROM 2021 TO 2023

Below are the audited report from 2021 to 2023. The 2024 financials will be available soon. The revenue is generated through grants and contributions

INCOME TOTAL REVENUE

For the year ended 31st December

2021	81,427,141.00
2022	90,751,099.00
2023	130,040,684.00
TOTAL	302,218,924.00

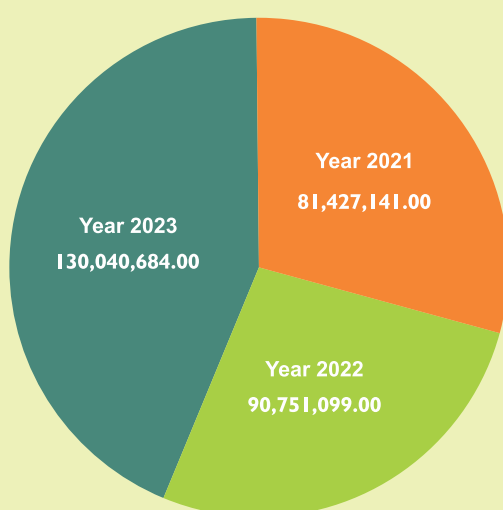
EXPENDITURE

PERCENTAGE

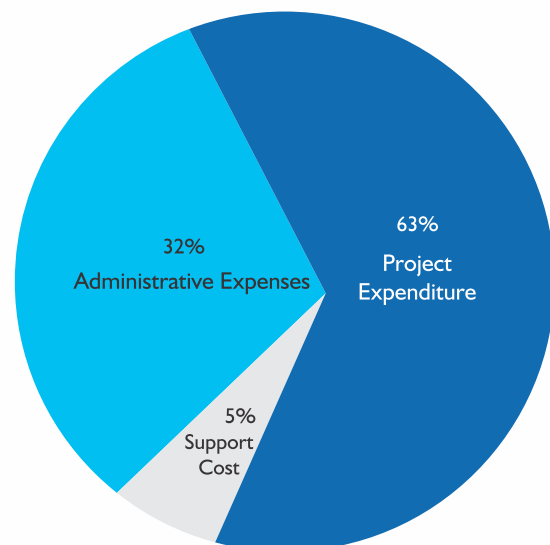
Direct Cost (Project Expenditure)	63%
Support Cost	5%
Administrative expenses	32%
TOTAL	100%

EXPENDITURE For the year ended 31st December	2021	2022	2023	TOTAL (N)
Direct Cost (Project Expenditure)	57,811,211.00	67,104,008.00	68,952,810.00	N193,868,029.00
Support Cost	3,836,231.00	4,012,913.00	6,809,977.00	N14,659,121.00
Administrative expenses	26,757,940.00	34,543,660.00	36,024,460.00	N97,326,060.00
Total Expenditure	88,405,382.00	105,660,581.00	111,787,247.00	N305,853,210.00

TOTAL REVENUE



EXPENSES RATE



TESTIMONIALS

When I first started my vocational training, I felt nervous and out of place because all my fellow apprentices were older than me. I even started questioning my choice of vocation. But over time, I learned to appreciate everyone at the center. They were all welcoming, funny, and easy to get along with. I learned not only essential vocational skills but also valuable life lessons, like how to live with people of different personalities and how to interact with customers. I am genuinely grateful for the catering skills I acquired and the support I received from my boss, who treated me like one of her own. I'm also deeply thankful to Standard Chartered Bank (SCB) and Youth Empowerment Foundation (YEF) for all the assistance they've given me since my secondary school days.

Francis Elizabeth: Goal EE-Vocational Training, Lagos



Joining the Goal project completely transformed my life. The most significant change was learning about self-identity. I no longer doubt myself or fear talking to others. Through positive affirmations, I became more confident, which was put to the test when I represented my school at the Goal Quiz Competition between fourteen (14) schools in Abuja. Thanks to the confidence the Goal project gave me, I helped my school win a lot during school competitions! The Goal project also taught me the importance of standing up against violence, identifying who to approach for help, and practicing good menstrual hygiene. It also inspired me to plan for my future, showing me that I can pursue any career I choose, from engineering to mechanics. Thank you, SCB and YEF, for making this life-changing program possible.

Ezeifeka C. Emmanuella: Goal Life Skills Training (In-School Program), Abuja FCT.



As part of the HIV awareness and testing project, I had the chance to visit the field and help with testing. This experience opened my eyes to the impact of HIV on individuals and communities.

I also developed skills in outreach activities, HIV testing, counseling, and content creation. It was rewarding to raise awareness about prevention, testing, and transmission.

Jegede Bukola Sophie: Empowered for Future (E4F) Project, Lagos



As a girl without a father to sponsor my education, I thought becoming a tailor was impossible. Thanks to the Empowered for the Future project (E4F) that was introduced to, I not only learned a valuable skill but also gained confidence and independence.

Now, I can support myself and my family and am determined to inspire other girls like me to pursue their dreams. Thank you, E4F, for changing my life.

Bello Stella (Abuja): Empowered for Future (E4F) Project, Abuja FCT.



Cooking has always been my passion, but with the loss of my parents, I didn't know how to make it a career. Through the E4F project, I gained skills in catering and even started my own business. The training in effective communication, marketing, and business management helped me overcome my shyness and become a confident entrepreneur. I am proud to say that I'm now a role model for other girls facing similar challenges, and I'm deeply grateful for the support from FCMB and YEF.

Ishiaka Blessing: Empowered for Future (E4F) Project, Abuja FCT







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