



The Teenage Mothers Empowerment Programme

The Teenage Mothers Empowerment Programme (TEMEP) is a community-focused initiative designed to support young women who become mothers during their teenage years. These young mothers often face social stigma, economic hardship and limited access to education and face many health challenges. TEMEP aims to address these issues through a combination of education, support and empowerment activities.

The Program focuses on teenage mothers (generally between ages (13–24) living in the Rwenzori region of Western Uganda, including the Fort Portal area and surrounding rural communities. The project aims to reach over 60 teenage mothers through community activities and support services. Currently we've two groups of teenage mothers. Nyakabira Young Mothers Group North Division, Fort Portal Tourism City and Kimuhonde Young Mothers Group in Kiko Town Council, Kabarole district.

 **Watch the Programme**

 [Click here to watch the TEMEP video](#)

1. Geographic Coverage and Target Population

Core Goals of Teenage Mothers Empowerment Programme

1. Support Teenage Mothers Socially & Economically.

The program works to create a supportive, non-judgmental space where teenage mothers can regain confidence, access opportunities build positive futures for themselves and their children.

2. Educate & Raise Awareness.

PLANE provides ongoing education about sexual and reproductive health, life skills healthy decision-making, which helps reduce repeat pregnancies, HIV AIDS, and supports healthier choices.

3. Promote Skills & Livelihoods.

Teenage mothers are given access to apprenticeship and mentorship opportunities — like tailoring, crafts basic business skills — to help them start small enterprises or find income-earning opportunities.

1. Geographic Coverage and Target Population



The program operates in Fort Portal City and surrounding rural communities in the Rwenzori sub-region. We primarily target:

- Teenage mothers aged 13–24 years
- Pregnant teenagers at risk of school dropout
- Highly vulnerable young mothers living in extreme poverty
- Survivors of gender-based violence or abandonment

Most beneficiaries come from low-income households with limited family support and minimal access to education, health or economic opportunities.

2. Program Design and Structure

The program is structured around four integrated pillars:

A. Economic Empowerment and Skills Development

We provide market-aligned vocational training based on local demand assessments. Current skill areas include:

Services so far provided

- Goat rearing and piggery
- Agribusiness and climate-smart backyard gardening

Other Proposed interventions

- Goat rearing and zero grazing of dairy cattle
- Hairdressing and beauty therapy
- Crafts production
- Tailoring and garment construction

B. Education Reintegration and Academic Support

For teenage mothers who wish to return to school, we:

- Facilitate re-enrollment into formal or alternative education programs
- Provide scholastic materials and uniforms where possible
- Engage schools to reduce stigma and promote inclusion
- Offer flexible learning pathways (including vocational-literacy integration)

This component ensures that early motherhood does not permanently end educational opportunities.

C. Psychosocial Support and Life Skills Development

Recognizing the emotional trauma many participants experience, we provide:

- Individual counseling sessions
- Group therapy and peer support circles.
- Life skills training (self-esteem, communication, decision-making, goal-setting)
- Parenting skills education and child development awareness

These sessions strengthen resilience, confidence responsible caregiving.

D. Child Protection, Health and Safeguarding

The program integrates child protection into all activities through:

- Safeguarding awareness sessions
- Referrals to health facilities for maternal and child healthcare
- Linkages to legal aid for cases involving abuse or neglect and health issues

We work closely with local leaders and service providers to ensure coordinated support.

3. Mentorship and Leadership Development

PLANE does mentoring of young mothers through:

- Providing ongoing guidance
- Monitoring progress and wellbeing
- Supporting personal goal-setting
- Encouraging participation in savings groups

4. Savings and Financial Inclusion

To promote sustainability, beneficiaries are organized into savings groups where they:

- Learn financial literacy and budgeting
- Practice group savings and internal lending
- Build capital for small business start-up
- Develop accountability and peer responsibility

This model strengthens long-term economic independence.

5. Community Engagement and Stigma Reduction

The program extends beyond direct beneficiaries by:

- Conducting community dialogues on teenage pregnancy and reintegration
- Engaging parents and guardians to rebuild family support systems
- Promoting positive male engagement and shared responsibility
- Advocating for inclusive education and livelihood opportunities



Addressing stigma and discrimination at the community level ensures lasting impact.

Our long-term vision is to create a replicable, community-based empowerment model that restores dignity, economic independence hope.

Impact of the Program

By participating in TEMEP, teenage mothers can experience:

- Increased self-confidence and stronger social support networks
- Improved economic stability through skills and income-earning abilities
- Broader access to health and educational resources
- Reduced social isolation and stigma within their communities

PLANE highlights that this kind of empowerment doesn't just help individual mothers — it also benefits their children and the wider community by breaking cycles of poverty and early pregnancy

The most impactful types of support for the Teenage Mothers Empowerment Program.

Individual-Level Support (Direct Impact):

- Sponsorship for training programs and materials
- Start-up toolkits or seed capital for income generation
- Education reintegration support (fees and scholastic materials)
- Childcare support to enable training participation
- Counseling, psychosocial support and mentorship services



This type of support transforms the life of a specific teenage mother by restoring dignity, confidence economic independence.

Program-Level Support (Sustainability & Scale):

- Training equipment and center infrastructure
- Revolving seed capital fund
- Childcare space establishment
- Monitoring, mentorship follow-up support

Program-level contributions strengthen the system and expand impact to benefit many girls over time.

Current Priority Needs:

1. Start-up toolkits and seed capital
2. Childcare support solutions
3. Acquisition of training equipment especially in tailoring, craft making, hair dressing etc.

A combined approach — supporting an individual while strengthening the program — yields the greatest and most sustainable impact.

Success Story: From Abandonment to Independence – Juliet's Journey



Juliet, now 24 years old, became pregnant at 16 years while in primary two. After the father of her child denied responsibility, she was forced to drop out of school and return to her parents' small rural home. Life quickly became difficult. With no income, limited family support overwhelming stigma from the community, Juliet struggled to provide even basic necessities for her baby.

In 2023, she was enrolled in the Teenage Mothers Empowerment Program. During the initial assessment, it was clear that Juliet was determined to rebuild her life but lacked capital and opportunity. Through the Goat Rearing Project, she received one female goat, training in basic livestock management ongoing mentorship support.

Within eight months, the goat gave birth to twins. With guidance from the program, Juliet sold one kid at a good market price and used the income to:

- Purchase essential food supplies for her household
- Pay medical expenses for her child
- Paid fees for the child in nursery

She retained the mother goat and the second kid, allowing her asset base to grow. Today, Juliet owns three goats and she wants to expand her project and start poultry given the opportunity.

Beyond the financial impact, the transformation in Juliet's confidence has been remarkable. She now participates actively in community meetings, mentors other young mothers and women in the program

What began as a single goat has become a pathway to dignity, stability renewed hope.