

SEXUALITY EDUCATION TALK ENTITLED: I KNOW  
VENDOR: EKA TRAINING GROUP

Eka Training Group was founded by a team of psychologists that spent years studying human nature and behavior. Our reputation for delivering relevant, impactful, and dynamic training and consulting programs is the cornerstone of the organization. Eka engages many leading experts in management, business, psychology, and education, to assist clients in identifying, monitoring, and developing training and business solutions. Since its establishment, Eka has built a clientele list of over a thousand organizations and made a difference in the lives of hundreds of thousands of people. We conduct training and consulting programs for schools, tertiary institutions, universities, and government and corporate organizations on leadership, personal development, motivation, communication, profiling, etc.

I Know“is a programme developed especially for female students going through changes in their body due to puberty. In this programme, girls learn more about their bodies and the changes they are going through such as menstruation, hair and breasts growth, pimples etc. Students will learn more about the changes their bodies are going through. They will learn about how their bodies are different and unique in their own special ways and that there is nothing wrong with them. They will learn more about menstruation, bodily changes and other key topics that were raised during the focus group research as pertinent topics affecting young girls today.