

**Strong Girls. Safe Communities.  
Annual Report 2016**



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# Introducing Boxgirls South Africa

Strong Girls. Safe Communities.

Boxgirls South Africa's mission is to build safe communities by strengthening girls and young women through education, leadership development and violence prevention in disadvantaged communities.

Girls in the communities in which we work are faced not only with serious everyday **poverty and restricted access to education**, but are forced to deal with gender-based violence on a daily basis and are denied the personal, social and educational development they require to lead change in their communities and achieve sustainable development through which girls and young women can reach their full potential.



In connection with high poverty rates there are high rates of HIV and TB as well as crime, violence and substance abuse. One of the major problems in the community is the lack of socio-cultural and economic opportunities.

South Africa's rate of rape, as a particular form of **gender-based violence**, has been found to be one of the highest in the world. According to Gender Links' research looking at the prevalence



of gender-based violence in the Western Cape, SA, 39% of women experienced some form of gender-based violence in their lifetime including intimate partner and non-partner violence, and 39% of men interviewed had perpetrated gender-based violence at least once in their lifetime.

**Child protection research** has shown that early intervention pays off. The knowledge and skills participating girls develop in our program will enable them to challenge traditional narratives of their futures, in which cycles of violence and limited resources lead to enormous lost potential. Girls will have more tools to deal with violent situations as individuals, and broaden their social support system. Improved confidence,

communication and social skills will foster the academic performance of the girls and their future opportunities.

## Boxgirls' Solution

For the last 7 years Boxgirls South Africa has been working with primary schools to bring self-defense training paired with life skills training and social and educational support to grade 5 girls in Khayelitsha. We are supported by Boxgirls International, an impact network of sport for development projects for girls and young women, that uses boxing as a catalyst for social change.

Boxgirls South Africa **engages individual learners, teachers and principals, parents and community members**, as well as government agencies and various non-profits to join us in our efforts to **empower and protect** young women and girls.

At Boxgirls' Afterschool Clubs **female peer educators** coach up to 30 grade 5 girls **3 times a week in leadership, personal safety, Math and English skills.**

# Achieving our goals

## Economically independent & socially resilient girls and women

In 2009 we served a group of 15 girls in 2 primary schools. Since then, Boxgirls South Africa has become stronger and more effective every year. In 2015 we registered as a Non-Profit Company and rolled out our “Girls’ Afterschool Leadership Education” program in 5 primary schools located in the urban townships of Khayelitsha around Cape Town. Today 19 primary schools are part of the Boxgirls community.

Gender equality matters in its own right, and as a prerequisite for the health and development of families and societies, and a driver of economic growth.”

(OECD Gender equality and women’s rights in the post-2015 agenda: A foundation for sustainable development, Element 3, Paper 1.)

Boxgirls’ Afterschool Clubs run for two semesters with a twice weekly program. Our curriculum covers topics such as community safety mapping, where the girls identify safe and unsafe areas, de-escalation strategies facilitated by role plays as well as presentation training and womens’ health. Young women from the local community serve as role models and confidants for the girls.

In addition to our weekday program we offer a Maths & Sports hub each Saturday, where Boxgirls groups from different schools come together to play sport games and learn Maths and English.

We host community events, where the participating girls present their views on school safety and women’s rights to their parents and the school community.

***Boxgirls contributes to the achievement of these Sustainable Development Goals:***



“[...] We know now that without gender equality and a full role for women in society, in the economy, in governance, we will not be able to achieve the world we hoped for.[...]”

UN Women Executive Director Phumzile Mlambo-Ngcuka (09.09.2015)



# Boxgirls South Africa

## Driving Social Change

Boxgirls South Africa works to create a world in which women and girls lead **dignified lives** in safe **communities**, where they are valued as equals and have control over their sexuality and economic development. Boxgirls uses the passion and self-creation of sport in combination with academic programs to **drive individual and community transformation**.

Education is one of the most effective social equalizers for millions of women around the world. When **girls are given equal access to education** we see improved health outcomes, lower birth rates and more women in the workforce. Women who have had fair access to education become business owners, health workers and educators, and continue to open opportunities up for women in their wake.

Boxgirls recognizes that **gender-based violence and violence in schools** are major barriers to education for many girls around the world. The programmes that we deliver support girls and young women in developing life skills, learning self-defence and de-escalation strategies and becoming **leaders in their schools and communities**.

**Strong Girls. Safe Communities**



# Achievements 2016



19

PRIMARY SCHOOLS  
PARTICIPATING IN  
BOXGIRLS PROGRAM



850

PARTICIPATING GIRLS IN  
BOXGIRLS' CLUBS



4.312

REACHED THROUGH  
COMMUNITY AND  
TEACHER WORKSHOPS



INVITED ON 2  
NATIONAL TV SHOWS  
AND 4 RADIO



10

COMMUNITY EVENTS

2016 was a year of **rapid growth for Boxgirls** South Africa. In the first half of the year we expanded our partner schools from our 5 founding schools to 15. In July, another 4 schools joined the Boxgirls network, so that we closed the year 2016 with 19 primary schools directly impacting the lives of 850 girls in Khayelitsha.

Our team has grown as well. We trained one project manager, 3 area managers, 12 peer-educators, 1 administrator, 1 internal impact assessment position and 7 evaluation assistants, all young and dedicated women from the local communities. Additionally, our team was greatly supported by 6 international interns and 2 interns from the University of Cape Town.

With the support of the City of Cape Town we moved into a new office space in Harare, Khayelitsha at Precinct 3, which offers us great opportunities to further engage with our partners and the community.



# National Advocacy

Boxgirls participants from 19 primary schools organized community events to promote girls' empowerment among the community stakeholders. In March 2016, the girls of school term 1 and 2 supported the preparation of three **Women's Day** events within each area of Boxgirls' operation – Harare, Site C and Site B. Our participants **showed off their presentation skills** through poems and speeches about Boxgirls and girls' rights. The events were **attended by parents and community members**. Our term 3 and 4 participants proudly presented their learnings during August Women's Month to the community. We were happy to **host the teachers and principals** of our partnering schools in two networking events, during which we presented and discussed results and upcoming planning for Boxgirls Afterschool Clubs.

On International Women's Day our head coach Andiswa Madikane was invited as keynote speaker for the gala of the **City of Cape Town's Department of Social Development and Early Childhood Development** to present on Boxgirls' project activities and how our approach empowers girls and young women within disadvantaged communities.

Boxgirls worked with the community against violence against women and children during the **16 Days of Activism campaign**. Following this year's motto by the United Nations we "oranged" the world in two sport events collaborating with our partners **Violence Prevention Through Urban Upgrading** and Grassroots Soccer.



# Evaluation interim Results 2016

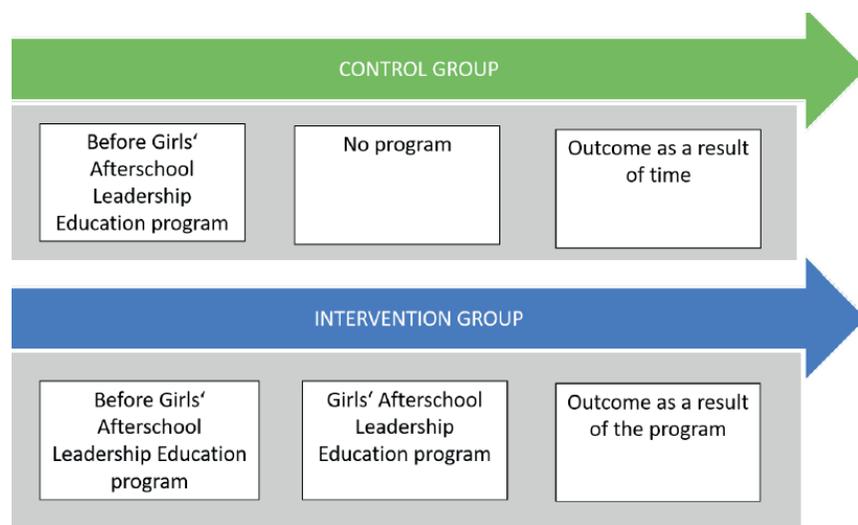


**Deutsche  
Sporthochschule Köln**  
German Sport University Cologne

## Methodology

The evaluation of “Girls Afterschool Leadership Education” program gathers information on the project’s impact on girls regarding their **self-esteem, social capital, violence negotiation skills, school performance** and the program’s over all **feasibility**.

The evaluation is divided into two rounds, with the first round relating to the intervention at eight schools in Khayelitsha that took place from January to May 2016, and the second round relating to the intervention that took place from July to October 2016.



The study was a **randomized control trial over 16 months** (n=323), with girls assigned to two groups: an intervention and a control. Girls assigned to the control group were waitlisted and will participate in the program in 2017. The data was gathered with local research assistants using both **quantitative and qualitative** methods.

The conclusions of the interim report show positive trends regarding social capital, violence awareness and negotiation skills, and school performance, backed up with a **significant change** in single items referring to **social skills with peers, working habits and writing skills**, and a suggestively significant change in girls **standing up for themselves** in situations with power imbalances. The girls who had been part of the project were **12x more likely** than the control group to say they knew what to do in a violent situation.

**Teachers** report that the **girls from the intervention group do better than the girls in the control** group. On the items “works neatly and carefully”, “Understanding of others’ feelings”, “Is socially aware of what is happening around her”, **“Accurately interprets what a peer is trying to do”**, **“refrains from acting impulsively”** and **school performance** on written language, **the difference was statistically significant (p<0.05)**.

The full results will be published by the German Sports University in April 2017.



# Our Supporters

“Boxgirls was suggested to UBS Optimus Foundation for funding in late 2014. After a rigorous screening process, the program was approved for funding to be replicated in Cape Town (Khayelitsha). The organization mastered all milestones of the application process well, which took them through four levels of reviews. We were very happy to see how well-versed the organization is in measuring their own achievements and success through impact evaluation. We were also very pleased to witness the approach the organization takes to improve the program based on learnings from these evaluations. Boxgirls has demonstrated in-depth knowledge about gender-based violence and was familiar with the state – of – the art research and data available on the topic.”

Dr. Patrica Lannen,  
UBS Optimus Foundation, May 2016



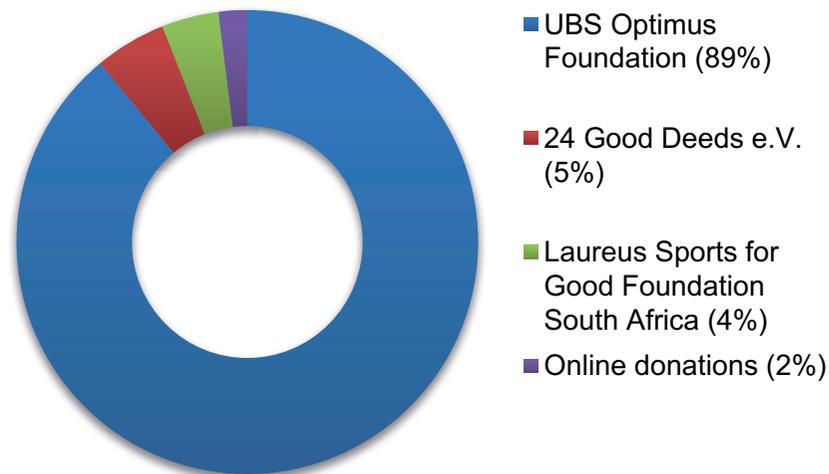
“The City of Cape Town welcomes community led programs to provide services to create safer and stronger communities. We have been impressed by Boxgirls South Africa’s professionalism and excellent relationships in the community. They are active in our community sharing their expertise and advocating for girls’ rights. We support their efforts to help more youth in our community to create a safer Khayelitsha. We will continue to support their work in the future.”

Andreas Gensicke,  
Mayoral Urban Regeneration Program (MURP)

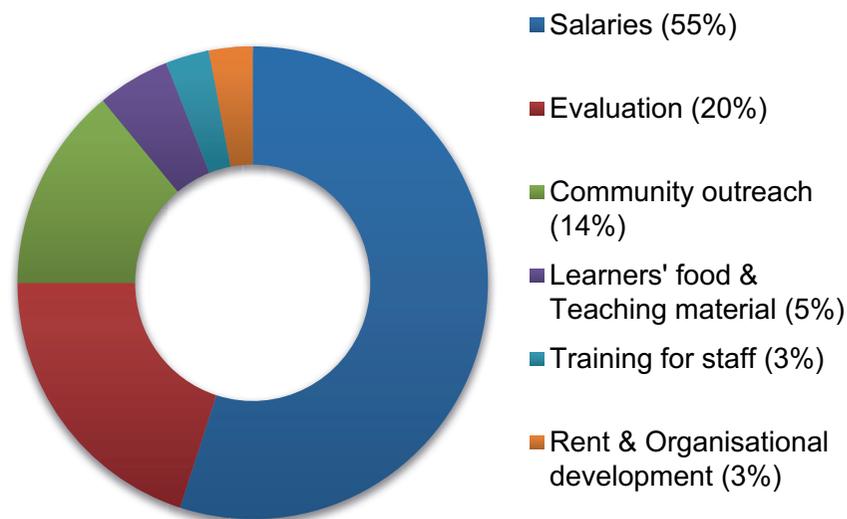


Making progress possible. Together.

## Income 2016



## Expenses 2016



“When I was growing up I did not have a  
**big sister**  
but I want to be that big sister now and give  
**young women some strength.**”

Andiswa Madikane is a three-time boxing champion, mother of two, and staunch advocate in the fight against gender-based violence in Khayelitsha, South Africa.

Andiswa is a founding member of Boxgirls. Today, Andiswa is the Director & Community Manager of Boxgirls South Africa. She is an alumna of the UN Office for Sports for Development and Peace Youth Leadership Camp in Switzerland.

Andiswa’s advocacy has made her a leader in girls’ protection and education in Khayelitsha, and has helped to empower and inspire hundreds of girls and women.



**Andiswa Madikane**



“There is a **fire burning** within everyone and you can be the person who **lights** that fire”

Andiswa Madikane

“I learned a lot about **evaluation & data collection** at Boxgirls. I am happy to teach the Evaluation assistants now.”

Nwabisa Qalanto, Monitoring, Evaluation and Learning coordinator



Nwabisa Qalanto

“It is **not about fighting** it’s about **finding my passion**. I am a **young talented girl who can help the nation** grow successfully, a young girl who can **help the other youth** see the light. thank you to Boxgirls for making the person I am today. **The hard work paid off.**”

Ndivile, Boxgirls Alumna



Ndivile Mafenuka

# Boxgirls in the media

We **amplify our voices for strong girls and safe communities** through working with the national, regional and local press. Andiswa Madikane was interviewed about her work for **girls' rights and against gender-based violence** on **national flagship SABC television, SABC national radio**, local **Zibonele** and **Bushradio**. In addition our work was highlighted by German television Deutsche Welle, the Changer magazine, and as a best practice on the BMW Foundation website.



# Global Reach

We engage in national and international research and practice networks to advocate for girls' rights and safe communities.

Boxgirls International hosted a workshop on our tools to 40 young, dedicated leaders at the **Youth Leadership Camp of the United Nations Office on Sport for Development and Peace** in January 2016.

Together with our German partner RespAct we were hosted by the Barn Woodstock, branch of the **Cape Innovation and Technology Initiative**, to promote our RespAct app help refugee children to integrate better into their host communities. The App idea combines our skills in sports and life skill education to provide educators with pedagogical modules and tools to foster the integration of refugee children within the school community. We are proud that RespAct received great support by the international online community and was announced one of the **Winners of the Google Impact Challenge 2016** in Germany.

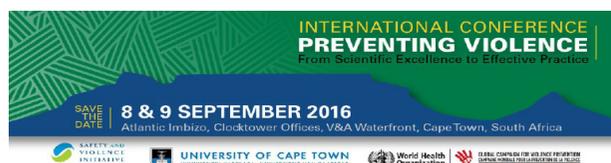
Dr. Heather Cameron, Executive Director and Founder of Boxgirls South Africa was invited to present at the “Advancing Gender Equality through Sports: 2030 Agenda—the contribution of sport to achieve gender equality and end violence against women and girls” event on 18 March in New York by the **UN Commission of the Status of Women**, debating ways to improve women’s empowerment and ending violence against women and girls worldwide. UN Women Executive Director Phumzile Mlambo-Ngcuka joined the panel.

In September 2016, we were chosen to present our findings at the **International Conference on Violence Prevention**, hosted by the University of Cape Town.

Boxgirls was selected for the prestigious **Ashoka Globalizer program for Youth Development** in Singapore to work with international consultants to globally scale our program.



Photo: UN Women/Ryan Brown



# Our partners

Boxgirls is part of international and local learning and impact networks like the Action Impact Initiative.

We are thankful for the inspiring collaborations and discussions with all our partners 2016.



Thank you to our donors and supporters for making it possible to 850 girls to learn and develop together. Due to your commitment, we can work together for Strong Girls and Safe Communities.



# Strategy 2020



In 2020 Boxgirls South Africa will reach more girls in multiple provinces and teach our methods through schools of education and social work to the next generation of changemakers.

Our participants will graduate with higher grades and self belief that they have the skills to learn whatever they need to for their chosen future career.

Our participants, peer leaders and parents will work together with our staff to transform our communities into safe productive neighbourhoods.

Our board, staff and funders will have worked to establish a diversity of funding streams, including evaluation services, facilitation workshops, and social enterprise opportunities, to make our organization more resilient and professional and able to respond to our communities' changing needs.

To achieve this vision, in the next 3 years Boxgirls South Africa, in close collaboration with the Boxgirls International network, will:

## **Share our Learning: Multiplication Strategy**

We will develop, in partnership with local and international universities, courses for educators and social workers. In addition we will teach local and national NGOs our curriculum and empower them to reach more girls with our methods and tools. Multiplication will broaden the impact of the project to a wider range of vulnerable girls and women.

## **Develop Boxgirls Alumnae into Mentors**

We will build a pathway for girls who graduate from Boxgirls to be mentors and math tutors for the next group of participants. This will add to our organizational capacity and provide job and further leadership skills for our graduates.

## **Celebrate Safer Communities, Building Income Streams**

We will design different event and workshop formats to engage community members and help them create a safer community. We build new income streams providing impact workshops.

## **Leverage Global Networks**

We will continue to contribute to global networks of practice, like the Laureus Sport for Good Foundation Action Impact Initiative, UN Women, the UN Office for Sport for Development and Peace, and the German Development Cooperation (GIZ). We will build on these existing networks to share our knowledge with more practitioners through online learning platforms and webinars.

**Contact:**

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[www.youtube.com/wwwBOXGIRLSorg](http://www.youtube.com/wwwBOXGIRLSorg)  
[www.facebook.com/BoxgirlsInternational](http://www.facebook.com/BoxgirlsInternational)  
[www.twitter.com/BoxgirlsInt](http://www.twitter.com/BoxgirlsInt)

Find us on Global Giving  
[www.globalgiving.org/projects/boxgirls-international](http://www.globalgiving.org/projects/boxgirls-international)

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