



Foundation For Open Development

Uganda



HARNESSING YOUTH POTENTIAL ALCOHOL HARM PREVENTION

FOUNDATION FOR OPEN DEVELOPMENT (FOD)

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LAY OUT



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Foundation For Open Development

INTRODUCTION;

Foundation for Open Development (FOD) is a Community Centered multi-disciplinary indigenous Non-Governmental Organization with a mandate to address injustices in communities especially those that undermine the dignity and integrity of women, girls and other vulnerable population through creating an enabling environment for participation among service providers in conducting campaigns on matters of:

- Health and Education
- Addressing widely issues of Human Rights
- Participating in the Monitoring and Evaluation of implementation of Government and Non-Governmental Organizations Programmes
- Promoting Civic Education
- Good Governance and Democracy.

FOD is one of the legitimate and reputable organization in Uganda. Founded in 2012, FOD has been in forefront of championing prevention of Gender Based Violence (PGBV) and promotion of Sexual Reproductive Health and Rights (SRHR) among Young People especially Girls, Persons Leaving with Disabilities, Orphans and Vulnerable Children. Conducting Health Research, Campaigns on prevention of HIV/AIDS, Tuberculosis and Malaria...among others.

FOD focuses on the following thematic:

- ✓ Gender, Justice, Children and Young People.
- ✓ Health, Social Care Research, Policy and Practice.
- ✓ Education and Innovation.
- ✓ Governance, Human Rights Advocacy and Democracy.
- ✓ Climate Change, Green Growth and Smart Agriculture.⁴

FOD is registered with Tororo District Local Government (YT. 40605) in 2013, National Bureau for NGOs (NGO Bureau - RN. INDR 110354798NB) under Permit Number INDP 104314798NB in 2014 as a **Countrywide** Non-Governmental Organization, Uganda Registration Service Bureau with Certificate No. BRS – INCC - 5-20/23520 and Registration No. 80020002373223 as a Company Limited by Guarantee and also registered with Finance Intelligent Authority (FIA-14-000379). FOD is **Headquartered** in **Tororo District**, plot 6A Busia / Jinja Road – Tororo Municipality located about 210 km East of Kampala. Our Metaphor is “**The Voice for the Voiceless**”. FOD is the **QuAMed** NGO in **Uganda** by the **NGO Quality Assurance Mechanism** exhibiting Compliance with regulations. FOD has signed three (3) Memorandums with Tororo District valid to-date. Tororo is located about 215 kms, East of Kampala the Capital City of Uganda and it boarder’s Kenya to the East.



CONT'N; INTRODUCTION

Foundation for Open Development (FOD) is concerned with the incidents of human rights abuses, social-economic and political effects on the people of Uganda, coupled with high poverty levels especially in the rural and slum areas due to lack of adequate engagements and involvement in participatory right-based development programming and short of knowledge on income generating activities and best processes to Social – Economic Transformation.

Our Vision:

The community in which citizens are vibrant and hold leaders accountable on service delivery, good governance and democracy.

Our Mission:

To be an organization that seeks to serve vulnerable communities through raising their voices to enjoy fundamental human rights in the society they all live in and cherish.

**OUR WORK
EXHIBITS,
COMMUNITY OF
PRACTICE (CoP)**

What Alcohol means?

Alcohol refers to a class of organic chemical compounds characterized by one or more hydroxy (-OH) groups attached to a carbon atom. The term is most commonly associated with ethanol (ethyl alcohol) which is found in alcoholic beverages like: beer, wine, spirit, among others.

Forms of alcohol:

Ethanol ($C_2H_5H_8O$), the drinkable form of alcohol used in beverages and as a disinfectant or fuel

Isopropyl Alcohol (C_3H_8O), use as a disinfectant and cleaning agent , but it is not safe for consumption

Methanol (CH_3OH), a toxic alcohol used in industrial applications, antifreeze and solvent.

Use of alcohol;

Beverages, Medicinal and Industrial - fuel



Youth entails;

United Nations (UN) defines youth as individuals between the age of 15 and 24 years.

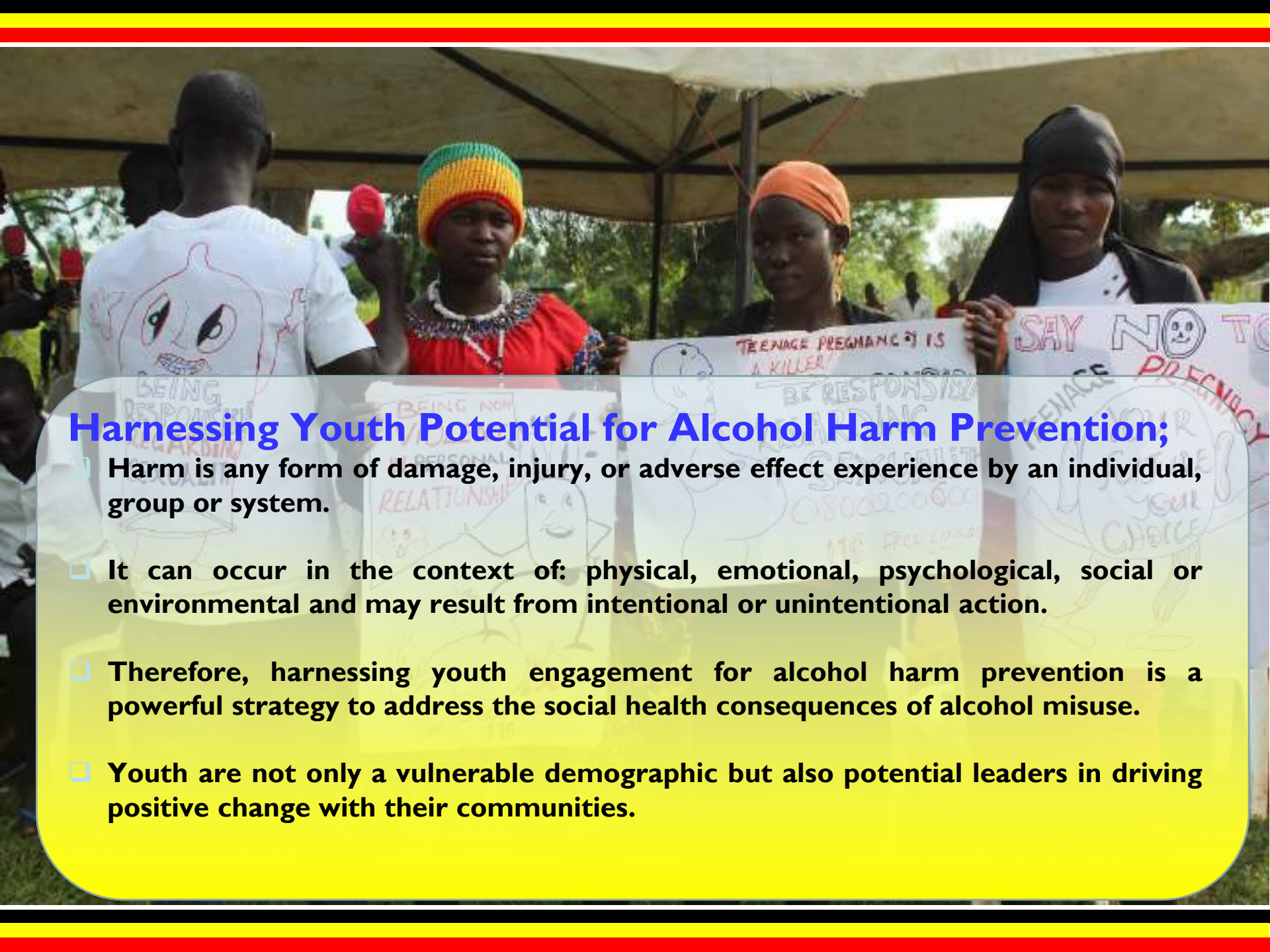
This age range serves as a statistical framework to address issues related to education, employment, health, and development across the nations.

However, the UN acknowledges that the definition of youth can vary depending on cultural, social and institutional context

Some Countries the Youth can be extended to 30 or even 35 years depending of the political climate

UN emphasizes that youth is not just about age but period of growth, opportunity and vulnerability.





Harnessing Youth Potential for Alcohol Harm Prevention;

- Harm is any form of damage, injury, or adverse effect experience by an individual, group or system.
- It can occur in the context of: physical, emotional, psychological, social or environmental and may result from intentional or unintentional action.
- Therefore, harnessing youth engagement for alcohol harm prevention is a powerful strategy to address the social health consequences of alcohol misuse.
- Youth are not only a vulnerable demographic but also potential leaders in driving positive change with their communities.



Cont'n: Harnessing Youth Potential for Alcohol Harm Prevention;

1. Awareness and Education

- ❑ Peer to Peer Education (PPE),** Youth should be able deploys Peer to Peer approach to empower youth to educate their peers about the risks of alcohol misuse
- ❑ Interactive Campaigns;** use of social medial, workshops, meetings and events to deliver engaging evidence-based information about alcohol's effect on health, relationships and success
- ❑ Incorporate Life Skills,** equipping youth with skills like decision making, stress management and assertiveness to resist peer pressure.

2. Community Engagement and Involvement (CEI)

- ❑ Youth Led-Advocacy;** involving young people in in advocacy efforts to promote policies such as alcohol-free-zones or stricter age restrictions
- ❑ Role Model and Mentorship;** encourage older youth or community leaders to mentor younger groups on healthier lifestyle choices
- ❑ Community service projects;** Engage youth in activities like alcohol-free-events or public awareness drives



Cont'n: Harnessing Youth Potential for Alcohol Harm Prevention;

3. Policy and Regulation Support;

- ❑ **Advocating for Alcohol Regulation;** support youth in campaigns for policies such as higher taxes on alcohol, restriction on advertising targeting young people audiences and stricter enforcement of age limits for alcohol intake.
- ❑ **Youth Representation;** Include young voices in local government or organizational decision-making on alcohol prevention strategies

4. Alternative Activities and Safe Spaces;

- ❑ **Create Alcohol-Free-Events;** organize sports, arts, or cultural events that provide safe, enjoyable alternatives to alcohol consumption
- ❑ **Youth Centers;** Establish community spaces where young people can socialize, access support and participate in meaningful activities



5. Research and Monitoring:

- ❑ **Youth-Led Surveys**, involve young people in collecting and analyzing data on alcohol use in their communities to inform prevention strategies.
- ❑ **Feedback Loops**; regularly gather input from youth to refine programs and ensure they remain relevant and effective.



6. Strengthening Protective Factors

Parental and School Involvement; work with families and schools to build supportive environment that discourages risk behavior.

Mental Health Support; Address underlying issues like anxiety, depression or trauma that may lead to alcohol misuse

Building-Self Esteem; Encourage personal development to help youth feel confident in rejecting harmful behaviours



7. Media and Technology

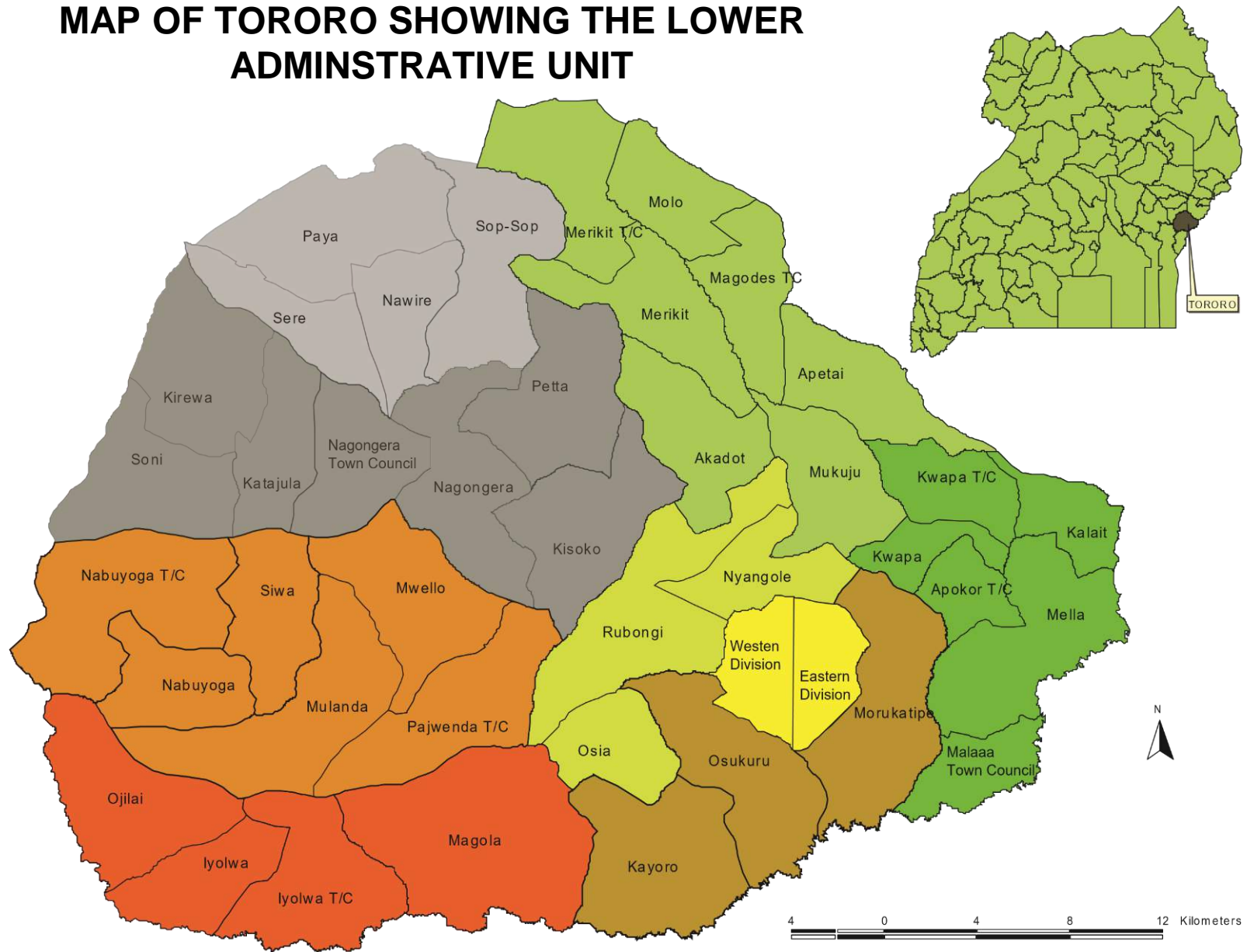
- ❑ **Social Media Campaigns**, use platforms like; Intagram, Tik-Tok, You Tube to spread creative and impactful massages
- ❑ **Influencer Partnerships**, Collaborate with influencers who align with the prevention messages to increase outreach
- ❑ **Digital Resources**, develop apps or tools that provide educational content and support for those struggling with alcohol use



CONCLUSION;

Empowering youth as agents of change, prevention strategies become more relatable and sustainable, fostering a generation that can actively resist and reduce the harms associated with alcohol

MAP OF TORORO SHOWING THE LOWER ADMINISTRATIVE UNIT



APPEAL;

Foundation for Open Development (FOD) is delighted to continue Collaborating and Partnering with Vision and Mission rights organizations to achieve alcohol free nation.

**TOGETHER WE CAN ACHIEVE MORE
AND MAKE A DIFFERENCE IN THE LIVES
OF THE VULNERABLE CHILDREN, GIRLS
AND WOMEN**



**THANK
FOR
YOUR
TIME**