

IMPACT OF THE DANCE4LIFE PROGRAM IN TANZANIA

The dance4life program in Tanzania started in 2008 and is currently active in 16 high schools. Together with Restless Development a team of 30 peer educators implement dance4life edutainment sessions in schools and inspire local communities to join dance4life.

In 2015 the dance4life program in Tanzania was externally evaluated and compared to the conventional governmental SRHR program. The results demonstrate the impact of dance4life's edutainment and empowerment elements in improving the knowledge, attitudes, confidence and intentions of young people.

dance4life impact on youth empowerment

dance4life students felt significantly more empowered than students participating in SRHR program of the government.

After the dance4life program..



...**67%** of the dance4life students is able to make informed choices in comparison to **8.5%** of non-dance4life students.



... almost **70%** of the dance4life students say their self-esteem increased in comparison to **8.5%** of non-dance4life students.



...**73.3%** of the students feel their confidence increased in comparison to **9.5%** of non-dance4life students.



...almost **73%** say their communication skills increased in comparison to **7.6%** of non-dance4life students

"...the life in school before was very boring and hard but now I enjoy coming to school because of these dance4life sessions"

dance4life student, secondary school

non-dance4life students participated in the conventional governmental SRHR program.

"After participating in the dance4life sessions I now have the confidence to talk freely in front of my fellow students"

dance4life student, secondary school

After the dance4life program students agree significantly more to have the ability to..

..consistently use a condom:

85% vs 76%

..access condoms when needed:

63% vs 44%

..convince their partner to use a condom:

79% vs 65%

4 key elements why dance4life is considered stronger than a conventional approach



The 4 step approach is a consistent and comprehensive method of addressing sexuality education for young people



It is youth-appropriate and recognizes the power of peer-to-peer learning, mentoring and engagement with adults, such as teachers in schools.



Builds knowledge and skills on young people's SRHR (sexual reproductive health and rights)



It is a positive approach that addresses values, attitudes and life-skills to empower young people to practice, act and influence a change in themselves, their peers and adults.



The importance of peer educators

90.68% of the dance4life students feels very comfortable when a peer educator facilitates the program in comparison to **44.44%** who have a teacher as facilitator.

"We have two guidance- and counseling teachers that don't discuss most issues of sexuality claiming it is culturally inappropriate. How then are we supposed to receive guidance and counselling let alone approach them for counselling?"

non-dance4life student, secondary school

"The students I teach have become interested in these issues and ask a lot of questions. They come to me and they want to know how they can deal and solve their problems. And they feel safe to talk to us."

dance4life peer educator

dance4life is effective in building youth empowerment through improving the knowledge, attitudes, confidence and intentions of young people.

dance4life's edutainment approach makes sexuality education engaging, participatory, comfortable and inspiring for young people.