



**THE RAIN WORKERS**  
*Let women rise!*

## IMPACT STUDIES in KENYA, TANZANIA, and ETHIOPIA

**We let knowledge rain!  
We let women rise and  
empower WoMen!**

**We change people's attitude  
and behaviour in sexual and  
reproductive health!**



THE RAIN WORKERS (former THE RAIN WORKERS) is an Austrian trainings-NGO and network for Sexual and Reproductive Health Rights operating in West- East- and Southern Africa since 1989. We've trained over 900 RAIN WORKERS who let knowledge rain.

Our curriculum and teaching materials have been integrated into many organizations in East Africa, such as the Lugarawa Health Training Institute in Lugarawa, Tanzania, or Zanzibar's First Holistic Health-Care-Center, Wajamama.



Training with WAJAMAMA, Zanzibar's First Holistic Health-Care-Center, 2023.

# Together, we empower WoMen!

We adopt a holistic approach encompassing social, medical, and economic aspects of FP and SRHR, while promoting human rights, sustainable development goals, addressing sexual and gender-based violence, children's rights, and emphasizing empowerment for all genders. We are unique for our **BIG 5 TEACHING TOOLS**, which are straightforward, taboo-breaking aids.



## Background of the studies

In collaboration with selected partners, whose employees we have trained as RAIN WORKERS, and with whom we have been working for years in the field of community sensitization and school interventions, we conducted standardized impact studies in 2022, 2023, and 2024. The study, designed in collaboration with Ina Soth based on Phineas impact analysis, consisted of a three-part standardized questionnaire administered before, after, and three months post-interventions.

## How do we measure our impact?

Changes in a society occur gradually and need time.

After an increase in knowledge, there is a shift in attitude before a change in behaviour can take place. While an increase in knowledge can be achieved relatively quickly, it often takes years if not decades for behaviour patterns to change, especially when cultural, traditional, and/or religious norms are involved.

In the context of our projects, the following indicators are particularly meaningful, among others:

Short-term Impact	Medium-term Impact	Long-term Impact
<b>Change of Knowledge</b>	<b>Change of Attitude</b>	<b>Change of Behaviour</b>
The beneficiaries know that sexual and reproductive health is a human right and have knowledge about family planning and modern contraceptive methods.	The beneficiaries can make informed decisions, recognize family planning, sexual and reproductive health as human rights. They accept modern contraceptive methods.	The beneficiaries use modern contraceptive methods.

The beneficiaries are aware of the harmful consequences of FGM/C.	The beneficiaries understand the harmful effects of FGM/C and begin to reject it.	The beneficiaries no longer practice FGM/C.
The beneficiaries are informed about the negative impacts of child marriage, forced marriage, and teenage pregnancies.	The beneficiaries understand the problems of child marriage, forced marriage, and teenage pregnancies, and begin to critically assess and reject them. They form social groups and engage.	The beneficiaries no longer practice child/forced marriage. Girls have the right to choose the timing of their marriage and their partner.
The beneficiaries are informed about the significance of gender roles, know what Sexual Gender Based Violence (SGBV) is, and recognize that it is a social construct that can be changed	The beneficiaries understand that girls/women and boys/men do not have the same rights and begin to question gender concepts in their community.	Roles of women and men are being redefined and lived. SGBV (Sexual and Gender-Based Violence) no longer occurs in society.

## Watch our impact videos

<https://www.therainworkers.org/blog/impactvideo-aktionregen> or <https://youtu.be/neqN2upl6cY> (8min)

<https://www.therainworkers.org/blog/documentary2023-aktionregen> or [https://youtu.be/\\_4LjZ25mzss](https://youtu.be/_4LjZ25mzss) (20 min)



RAIN WORKER trainer Margaret Waithera trains members of the Dol Dol Women Group, Kenya

# OUR IMPACT in KENYA

## Impact on communities in West-Kenya



In Kenya, our partner **DESECE, Development Education Services for Community Empowerment**<sup>1</sup> surveyed 71 beneficiaries from three women's groups and one mixed group in the Bungoma and Trans-Nzoia regions using a standardized questionnaire. *The impact assessment aimed to determine how the lives, attitudes, perceptions, and couple relationships of the beneficiaries have changed.* The target groups have been receiving training in reproductive health and family planning from certified RAIN WORKERS since 2015.

### Change of knowledge

- 86% of the respondents understand the connection between the lack of family planning, limited resources, and poverty.

### Change of attitude

- 30% of the respondents underwent HIV tests after the interventions.
- 80% of the surveyed women reported that their lives have improved compared to before, and their family cohesion has strengthened. Communication between women and men has become more open, and shared knowledge about family planning, contraception, and children's rights has led couples to discuss their concerns together.

### Change of behaviour

- 65% endorse (also the condom!) and use modern contraceptive methods.



RAIN WORKER trainer Emmanuel Kizito talks about Family Planning methods.

<sup>1</sup> <https://desece.co.ke/>

## Impact on Teenage mothers and in schools in Slum areas of Nairobi

Our partner **MCFpanairobi**<sup>2</sup> surveyed the knowledge of trained teachers in 10 schools in the Mathare slum/Nairobi where outreach is conducted by RAIN WORKERS, using a standardized questionnaire. Additionally they offer Teenage mothers a vocational education together with sexual and reproductive health.

### Change of knowledge

- The knowledge of 20 teachers about sexual health has increased from 54% to 86%. They are now much better in supporting their students.

### Change of behaviour

- Overall, teenage pregnancies have significantly decreased in the 10 schools. In one school (2,500 students), only one girl was pregnant last year, compared to approximately 11 pregnancies per year before the RAIN WORKER training.
- 20 out of 31, and 51 out of 57 Teenage mothers in two training "kohots" started using contraceptives (IUD, injection, condom).



RAIN WORKER Trainer Anne Ochieng is working in schools in Mathare and explains the female sexual organs.

<sup>2</sup> <http://www.mcfpanairobi.or.ke/>

# OUR IMPACT in TANZANIA



In Tanzania, six students from our partner organization **LUHETI**, the **Lugarawa Health Training Institute**, conducted a very detailed survey among 75 beneficiaries during Health Talks in three villages. The survey, led by social educator Magdalena Liebenauer-Haschka, together with six students of midwifery, who conducted the research within their practical exercises around the villages of Lugarawa.

The interviews took place over a period of seven months during so-called health talks. The goal of the study was to determine the extent to which family planning education can positively influence families, leading to a sustainable and economically stable situation within the family.



Trained RAIN WORKERS from LUHETI in Lugarawa, Tanzania, 2022.

## Change of knowledge

- The village population (both women and men) showed a very high interest in family planning and sexual and reproductive health. There was a significant interest in contraceptives overall.

- Knowledge about the female menstrual cycle among men doubled through the Health Talks - from 45% initially to 92% .

### Change of attitude

- Through the Health Talks in the villages, children's needs were increasingly perceived and considered. Especially the third interview shows that this perspective has indeed remained sustainably in memory: 6.8 – 8.2 – 8.5 points (out of a maximum of 10). In the first interview, 41.4% of parents could or would occasionally fulfil special requests for their children (shoes, a new dress, a football, etc.), in the third, at least 93.8%.
- The percentage of people who see a purpose in planning their family has greatly increased: from almost 53% in the first interview to over 85% in the second interview! For women, the percentage has even doubled from 44% to 89%.
- Significantly more couples discuss contraception and family planning through Health Talks. The percentage of those who did it before the health talks was 52%, in the second interview, 81% said they would, and half a year later, all (!) of the interviewees had talked to their partners about it.
- In the first interview, 47% state that they plan to have (additional) children, in the second interview, an impressive 82%, and in the third again 100% (!).
- At least 85% wanted to change something in their lives after the Health Talks, and 61% in the lives of their children. For themselves, people again divided into three-quarters into two main groups: those who wanted to start using contraceptives from now on and those who wanted to achieve a better economic status for their families (partly with and partly without concrete ideas). For their own children, about two-thirds wanted a better education so that they could have a better life and not live in poverty.

# OUR IMPACT in ETHIOPIA



In Ethiopia, our longstanding partner **KMG<sup>3</sup>** conducted a small survey among its 120 beneficiaries in the Kembatta region, who had been accompanied by RAIN WORKERS for six months with regular training on sexual and reproductive health and rights. The aim of the survey was to determine whether the population has a positive understanding of modern contraceptives and is now using them.

## Change of behaviour

- More than 65% of beneficiary-women in Ethiopia started using modern contraceptives after the RAIN WORKER activities, as they now understand the importance of family planning. Condoms have been destigmatized and are now being used as a method as well. Previously, condoms were exclusively associated with prostitution.



People meet for Community Dialogues and talk about Family Planning and Sexual Health, 2022.

<sup>3</sup> <https://kmgethiopia.org/>