

Kenya



Arise – Healing Teens’ Wounds of Trauma

Project: 102090
Tax & Non Tax
Deductible



10-20%

of the world’s children and adolescents
have a mental health condition

60

teenage trauma healing facilitators
will be trained to conduct teen
healing sessions

1,000

students will be reached with trauma
healing support in 2025

Overview

Bible Society Australia is supporting the Bible Society of Kenya (BSK) in launching a teen Trauma Healing program. BSK will train teachers and peer counsellors, enabling them to support adolescents who may be facing trauma-related issues. BSK will also conduct awareness sessions for parents on teen trauma.

The Need

Recent research by the Kenyan Ministry of Health and stakeholders reveals a distressing upsurge in youth mental health issues, worsened by COVID-19 and family challenges. In schools, BSK has noted increased truancy, depression, and even suicides among students, causing distress among educators and parents.

These teenagers face imminent threats to their well-being due to traumatic experiences. There is an urgent need for the Church to become a refuge for healing, extending its support into schools. World Health Organization statistics underscore the importance of addressing these issues, as emotional disorders affect school performance and attendance, while social withdrawal deepens isolation and depression, sometimes leading to suicide.

Similarly, encourage the young men to be self-controlled. In everything set them an example by doing what is good. – Titus 2:6-7a, NIV

Goals

BSK will collaborate with school administrators to create safe places for teenagers, rebuilding trust, and invite teens into a loving and judgement-free relationship. This project will actively listen to teens' stories and will give them a voice in their families and communities, as well as introduce them to the loving, comforting and faithful presence of Jesus. The project will also coach and mentor teens to support their peers.

In 2025, BSK plans to hold at least 12 teens camps to reach 1,000 teens with the program. The goal is to reach 500 more teens through churches. BSK will also print 1,500 copies of Life Hurts. Love Heals journal for teens and 150 copies of the Healing Teens Wounds of Trauma facilitator's manual. At least 60 teen facilitators will be trained, equipping them to be able to reach out to even more teens suffering from trauma.

Impact

The total number of people this project aims to impact is 5,000. In one year, the project will reach 10 schools, each with 500 students.

The impact of this project will be seen in the restoration of healing for over 5,000 students. Safe places will be created in schools where students who are struggling can find a place to confide in. The impact will further be seen in improved relationships between teens, parents and teachers, and in improved academic performance amongst the students.

Testimony

"This project seeks to call back to life the resilience of teenagers, enabling them to overcome the pain of traumatic experiences and move on to achieve their set goals and dreams." — Anne, Bible Society of Kenya

*"My dad wanted me to go through FGM but my mother did not ... it became violent and a threat and so we run away and reported to the chief. I live with my mother and am safe and thank God always she protected me. I forgave my father but I ca never go back to that home." — Duni**

**Name changed to protect privacy.*

Prayer Points

- Pray for the willingness of the Church to arise and go out to schools.
- Pray for resources to train and equip the volunteers and facilitators.
- Pray for teens in Kenya, that they will find healing and hope in the word of God.