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# Introducing our O<sup>3</sup> Ambassadors



OUR RIGHTS  
OUR LIVES  
OUR FUTURE



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# Introduction

The UNESCO Regional Office for Southern Africa and the UNESCO Regional Office for Eastern Africa launched a regional ambassador program to advocate for the Our Rights, Our Lives, Our Future (O<sup>3</sup> and O<sup>3</sup> PLUS) programs. The O<sup>3</sup> Ambassadors inform and mobilize students and adolescents in East and Southern Africa about sexual and reproductive health and rights, campus safety, mental health, and general well-being.

The ambassadors were selected in countries of the East and Southern Africa region, including Botswana, Eswatini, Ethiopia, Kenya, Lesotho, Namibia, Madagascar, Malawi, Mozambique, Rwanda, South Africa, South Sudan, Tanzania, Uganda, Zambia, Zanzibar, and Zimbabwe.

O<sup>3</sup> Program supports the delivery of high-quality, age-appropriate comprehensive sexuality education, empowering adolescents and young people while developing skills, knowledge, attitudes, and competencies needed for preventing HIV, reducing early and unintended pregnancies, and eliminating gender-based violence. The O<sup>3</sup> program aims to empower school-aged adolescents and young people by providing them with the necessary knowledge, tools, and skills to make the right choices and lead healthy lives.

The O<sup>3</sup> PLUS program complements this work by ensuring young people in higher and tertiary education institutions (HTEIs) achieve positive health, education, and gender equality outcomes. Through the O<sup>3</sup> PLUS program, UNESCO is implementing a campaign called "Safer Campuses!" which aims to inspire action from all stakeholders in the higher and tertiary education sector to combat gender-based violence and contribute to safer campuses for all students.

## Youth in the ESA region face many challenges:

- In ESA, an estimated 1.74 million adolescents live with HIV, representing 60% of the global total.
- New infections mainly occur among girls and young women. In ESA, 7 in 10 new HIV infections among young people aged 15-24 are among adolescent girls and young women, with 4,000 adolescent girls and young women infected each week. This varies across countries.
- The percentage of young people aged 15-24 who correctly identify ways of preventing sexual transmission of HIV remains too low.
- The percentage of girls aged 15-19 who have begun childbearing ranges from 5% to 37% in ESA countries.
- Gender-based violence is too common; on average in the region, 40% of girls and 30% of boys agree that a husband is justified in hitting or beating his wife.
- Child marriage rates remain high in most ESA countries, with up to 17% of girls married by age 15 and 52% married by age 18.

# Objectives of the O<sup>3</sup> Ambassadors

The O3 Ambassadors are responsible for disseminating age-appropriate education for health and well-being (EHW) and sexual and reproductive health and rights (SRHR) content for adolescents and young people (at secondary and tertiary levels, including out-of-school youth). They will:

- Utilize social and digital media to effectively disseminate accurate information on SRHR to students, enabling them to make informed decisions.
- Promote student well-being by providing information on topics such as SRHR, dating, HIV and AIDS, sexual abuse, alcohol and drug use, and where students can access services.
- Anticipate and counter opposition to SRHR and comprehensive sexuality education (CSE) in the ESA region.
- Establish country-level working groups of at least five students to create and share digital and social media content.
- Increase the availability of SRHR and EHW information by creating and sharing digital content.





## Phumlani Nyevu Kagua

**Country:** Botswana

Phumlani Nyevu Kagua is a 20-year-old Motswana woman from Gaborone, Botswana, known for her ambition and wit. She is currently in her second year at the University of Botswana, pursuing a Bachelor of Media Studies, with plans to continue her education in Media & Communication. As the second of four sisters in a single-parent household, Phumlani has faced challenges, but her determination has led her to become a children's and women's rights activist with Youth Hub since age 14. This experience has fueled her passion for helping others and raising awareness about vital causes. Phumlani's goal is to create a media company that drives positive change in the communities she touches, guided by her belief that life without purpose is meaningless.

**Social Media Handles:**

@lanimlotshwa (Twitter)  
@lanimlotshwa (Instagram)  
Lani Mlotshwa (Facebook)



## Sibusiso Dlamini

**Country:** eSwatini

Sibusiso Dlamini, fondly called “Penaddict,” is a dynamic presence in the media landscape. As a journalist for the Eswatini Observer, he contributes to the youth section as a columnist. Sibusiso also co-hosts The Open Word Podcast, where he and a close friend engage in intimate, candid discussions on a wide range of topics, including politics, dating, and music. The podcast also features occasional interviews with friends or prominent figures from various fields, offering unique insights into a young person’s life.

**Social Media Handles:**

@penediction (Instagram)

@Penaddict4 (Twitter)



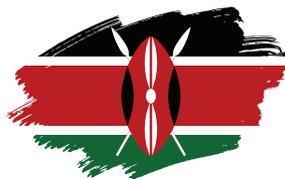
## Selamawiti Gebremeskel Fikadu

**Country:** Ethiopia

Selamawit Gebremeskel, a 24-year-old young woman, is a dedicated 4th year social work student at Addis Ababa University. Passionate about sexual and reproductive health and rights (SRHR), she serves as an advocate for the Talent Youth Association (TAYA). Selamawit's strengths lie in her ability to rapidly acquire new skills, her aptitude for problem-solving, and her goal-oriented mindset.

**Social Media Handles:**

<https://www.linkedin.com/in/selam-gebremeskel-693644236>



## Lucy Wambui Wangui

**Country:** Kenya

Lucy, a 22-year-old political science and sociology student at the University of Nairobi, is a dedicated activist against sexual and gender-based violence. She strives to create a society free from such violence, while promoting up-to-date knowledge about sexual and reproductive health. Committed to fostering safe spaces, Lucy ensures that young adults and women can be vulnerable without fear of judgment, empowering them to thrive in a supportive environment.

**Social Media Handles:**

@luzasha (TikTok)

@wambui.w.lucy (Instagram)

@Wambui Lucy (Facebook)

@wambuilucy0 (Twitter)



## Mpho Sekotlo

**Country:** Lesotho

Mpho is a dedicated education student with a love for reading. Passionate about education and inclusive learning, she is committed to ensuring that all students, regardless of their backgrounds or abilities, have equal access to quality education. Mpho's enthusiasm for her field drives her to continuously explore new ideas and approaches to create inclusive learning environments for all.

**Social Media Handles:**

Mpho phow Sekotlo (Facebook)



## Aromiangoty Rasolomanana

**Country:** Madagascar

Aromiangoty, a recent graduate with a background in Political Science and Economic and Social Sciences, is currently pursuing studies in Human Resources Management and Innovation. Eager to make a difference, she has attended capacity-building trainings organized by UNESCO for AYP. Since childhood, Aromiangoty has been passionate about helping others and participating in humanitarian aid programs. With a focus on addressing the taboo nature of sexuality in Madagascar, she believes in the potential of projects that confront early unintended pregnancies (EUP), gender-based violence (VBG), and HIV/AIDS to benefit the nation's youth.

**Social Media Handles:**

@AroMityah (Facebook)

@miangotyy (Instagram)



## Caroline Mkandawire

**Country:** Malawi

Caroline is a seasoned Development Specialist focusing on women and youth empowerment with over five years of experience in project management, research, and data management. Currently, she serves as the Executive Director of HeR Liberty Malawi, promoting Sexual Reproductive Health and Rights, Education, Gender-Based Violence, and Economic Empowerment. Previously, she led the Center for Education Promotion and Advancement of the Rights of Adolescent Mothers (CEPARAM) and gained advocacy experience with Ana Patsogolo's project. Caroline has also volunteered with Sparkle Foundation Malawi and Ekwendeni Youth Organisation, remaining dedicated to empowering women and youth for a brighter future.

**Social Media Handles:**

<https://web.facebook.com/cwayoo>; Rolina\_18



## Alice Pelembe

**Country:** Mozambique

Alice Dionísio Pelembe hails from a humble family that instilled in her the values of education, respect for elders, and a strong will to succeed. Raised in a family of believers, she was encouraged to become an honest adult with strong social morals. A woman of authentic strength and character, Alice embodies the qualities of a protector and defender. Currently a finalist student at Eduardo Mondlane University, she is pursuing a degree in Political Science. Alice is an active member of the Association of Finalist University Students of Mozambique (AEFUM), contributing her talents and values to the organization.

**Social Media Handles:**

Alice Pelembe (Facebook)  
alice\_pelembe (Instagram)



## Henriette Paulus

**Country:** Namibia

Henriette Paulus, currently pursuing a Bachelor's in Medicine and Surgery (MBCHB IV), is a passionate peer counselor focused on promoting mental health and well-being among her fellow students. With a deep interest in cultural diversity, she embraces learning and appreciating various ethnicities. As a member of the Ithemba Charity Group, Henriette is committed to making the world a better place, particularly for children, understanding that early experiences shape and define their futures.

**Social Media Handles:**

[\\_henriettee\\_](#) (Instagram)



## Regine Akarikumutima

**Country:** Rwanda

Regine is an experienced educator with over 15 years of teaching under her belt. She has successfully established Hope clubs in 62 schools across three districts, demonstrating her commitment to youth empowerment. A dedicated advocate for Comprehensive Sexuality Education (CSE), Regine created a newspaper catering to adolescents, young children, and adults to disseminate accurate information. Furthermore, she has pioneered spaces on TV and radio to facilitate discussions on CSE in schools and families.

**Social Media Handles:**

@akalikumutima



## Tebatso Mamabolo

**Country:** South Africa

Tebatso is a driven and multifaceted woman pursuing a BA Honors in Development Studies at the University of Johannesburg. As a model and pageant enthusiast, she shines in the spotlight, earning the title of Miss UJ APK 2022. Tebatso's dedication extends to her academic life, where she serves as a student peer mentor, guiding and supporting fellow students on their educational journey.

**Social Media Handles:**

@tebyy\_m (Instagram)

Tebatso Mamabolo (Facebook)

@tebyy\_m (Twitter)



## Naishooki Lairumbe

**Country:** Tanzania

Naishooki Gideon Lairumbe is a dedicated student at the University of Dar es Salaam. As a passionate girl child champion in her community, she actively engages with adolescent girls to raise awareness on issues pertaining to their health and well being. Through her commitment to empowering young women, Naishooki plays a vital role in fostering positive change in her community.

**Social Media Handles:**

naishooki\_gedion (Instagram)

naishooki\_gedion (Twitter)



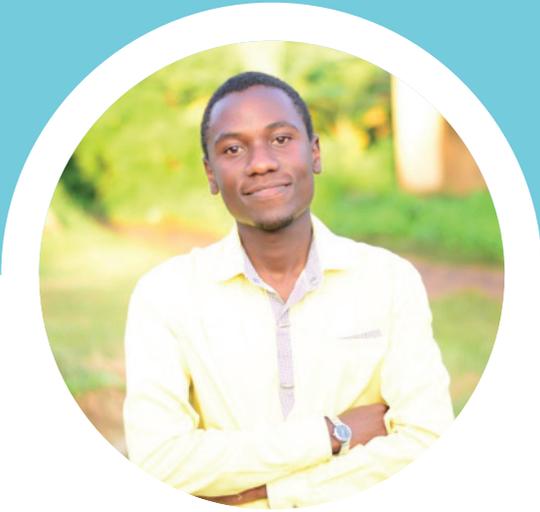
## Ginyera George Orochi

**Country:** Uganda

Ginyera is a dedicated law student at Makerere University, where he combines his academic pursuits with a passion for community service. Motivated by a desire to uplift his fellow young people, Ginyera actively engages in activities that foster positive change, making a tangible impact on the lives of those around him.

**Social Media Handles:**

@OGinyera



## Hassan Mkema

**Country:** Zanzibar

Hassan is a young activist, leader, and volunteer driven by a passion for helping others and fostering positive change in his community. As an enthusiastic advocate for development, he diligently works to make a difference in the lives of those around him, employing his leadership and volunteerism to uplift and inspire others towards a brighter future.

**Social Media Handles:**

@hassan\_mkema (Instagram)

Hassan Mkema (Facebook)



## Terence M Chakufwaya

**Country:** Zambia

Terrence is a visionary youth leader passionate about fostering positive growth and well-being among young people. As a peer educator for the O<sup>3</sup>PLUS project at Chalimbana University, he is committed to empowering his peers. Terrence also heads a youth-led organization, Changing Minds Foundation, which focuses on mental health, sexual reproductive health and rights, and entrepreneurship. Through his dedication, Terrence inspires change and growth within his community.

**Social Media Handles:**

Terrence M Chakufwaya Page (Facebook)



## Reign Bima

**Country:** Zimbabwe

Reign is a multifaceted talent, blending creativity and technical expertise. As an artist, poet, and actor, he has gained acclaim through the captivating “Dear Natasha” series. Reign’s skills also extend to content creation, where he has produced numerous engaging digital materials. In addition to artistic pursuits, Reign is an accomplished professional engineer, showcasing an impressive dexterity across diverse fields.

**Social Media Handles:**

MrDearNatasha (Twitter)  
@mr\_dear\_natasha (Instagram)  
acbima (YouTube)



**unesco**

**UNESCO Regional Office for Southern Africa**  
8 Kenilworth Road, Newlands  
PO Box HG 435 Highlands, Harare, Zimbabwe  
+263 (0)776775 - 9  
[harare@unesco.org](mailto:harare@unesco.org)

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**#ESACcommitment**



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