THE HEALTHY FAMILIES FOUNDATION

(A NON-GOVERNMENTAL ORGANIZATION)

&

(NON-PROFIT TRUST)

OF

(TRUST Number: TUHGB-000023-20)

PRESENTS THE RESULTS OF THE

7 MONTHS POST GHANZI FAMILY BUILDING CAMPAIGN REPORT

21st November 2024

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1. INTRODUCTION

The Healthy Families Foundation recently conducted an 18-day Family Building Campaign in Ghanzi. This campaign was primarily sponsored by FNBB Foundation with the Ministry of Local Government and Rural Development (MLGRD) and SandFire in collaboration with Mighty Infinite Services, Tau Grading and AMS.

During the campaign, 177 groups comprising of 3259 people met every afternoon to study the Making Marriages Fun workbook in small discussion groups. The Ghanzi family building campaign concluded on the 28th of March 2024. 7 months later in October 2024, HFF employed 4 data collectors to do the follow-up participants to measure long term behavioural change.

The goals of the follow up were to find out if groups had continued to meet after the conclusion of the campaign, to find out what areas of the campaign the participants found most impactful, to hear testimonies of how their lives were changed or not changed by the campaign, and to encourage and counsel them as the need arose. Out of the 3259 people who attended the campaign, 5% (163 people) were chosen at random. These 163 people were each individually called by the data collection team to ask a series of questions.

Their in-depth data collection revealed that out of the 177 groups that met during the campaign, 20 groups have met at least once after the campaign; 4 met three times a week, 4 met twice a week, 8 met once a week, 1 met once a month, and 3 groups stopped meeting after a few to several times. The leaders and participants from multitudes of groups registered 35 totally new people which have been taught the workbook after the campaign. They went out and spontaneously shared with others what they had learned.

The Ghanzi campaign was blessed to have the participation of the Police, Social Workers, Teachers, Pastors, Dikgosi, VDC leaders, and other village leadership. As our follow up staff called to find out how they were doing after the campaign, all the participants repeatedly testified that the campaign had helped them in some way to enjoy their personal family more and be better equipped to deal with the people they interacted with at work.

2. FULL LIST OF LEADERS OF THE GHANZI SMALL GROUPS

HFF keeps a detailed database of all 3259 people who attended the campaign which comprises of their age, gender, marital status, employment status, occupation, phone number, and educational level. Additionally, within the list are those who led the discussion groups. For confidentiality reasons, this list is not shared. However, should it be needed for some reason, that can be requested with the HFF office. For the purpose of this study, only 5% (165 people) of the 3259 were called.

3. PHOTOS OF THE 177 GROUPS

4. TESTIMONIES OF IMPACT

Transcribed exactly as told; minor edits, including punctuation and correcting spelling and grammar.

DECREASED SUBSTANCE ABUSE & GENEDER-BASED VIOLENCE

1. I realized that I was the one abusing myself as I thot my previous partner was abusing me as I never wanted to listen to him. Instead of telling him how unhappy I was about his drinking I would instead go out also to drink and I will come home more drunk than him, I thought I was revenging.

2. I am glad to have received the lessons from the Thaba Family. I am a married woman. My husband deserted me after giving me 2 children. He went to stay in Maun. He retired and squandered all the money for retirement without me. He asked me to go to Maun to nurse his mother who was ailing before she died. while I was in Maun, he sold our home. Upon returning to Ghanzi I found somebody else in home. He gave our home away for P50 000 only. it's heart breaking. My husband sold our furniture, beds, sofas. stoves and gas cylinders. I remained with nothing. He married me when I already had 4 children from my past marriage of my husband who died. I cannot show anything that I had when I married the 2nd husband. he caused me more trouble. However, due to the lessons given by the Thabas, I learnt that sometimes problems come your way when you least expect them, so am content amidst all the troubles.

3. My whole life is pain. I was sexually abused when I was young by a relative. Family members and even my parents knew but they did nothing. My partner is verbally and physically abusive towards me. My siblings hate me as they accuse me of killing our mother; they say I have poisoned her. as if that was not enough my 2 sons are into drugs. the other one was at university, and he failed because of the drugs. he takes things from the house and sell them for drugs. when I report him to the police they say I should chase him out of home. my daughter was supplementing her form 5 and she has failed again. my firstborn son is also into drugs, but he is slowly reforming because sometimes when he is sober and in a good mood I share the message of your book with her. he can now buy food so to me that is a great change, and I am hoping things will get better with time for him

4. I am a victim of GBV. The abuse was physical, verbal, emotional and psychological. It was so bad that it affected our children so badly. I would

go to the police to report, and they would either laugh or dismiss me labelling me as a weak man who is beaten by a woman. I don't have friends, so I turned to alcohol for solace. I just wanted to get drunk, get home and sleep. I would walk out of the relationship, and she would deny me access to my children so I would go back to the relationship for the sake of the kids. the day that I decided to walk out for good we were arguing as usual and my son who was in primary school told me to keep quite; that is when I realized that this kind of life has really affected my children. I had so much anger and didn't want to forgive this woman that it ended up eating at me, I would develop back and chest pains. I then underwent trauma counselling which has saved my life. right now, I am in a very happy relationship, and I learnt a lot from my girlfriend it terms of finances and how to handle my previous girlfriend. we would even do a restraining order against her because she now started harassing us. I got a call from my first born's school the other day telling me that my child is saying he now wants to live with me as he does not want to stay with his mother anymore. I am told that if I want to stay with my children I have to go through social workers, and it is a long, painful process. I stay in Ghanzi due to work, and I stay in a camp, and I can't fully help my children, and I am afraid the older one might do something tragic like suicide. my hope is in God to protect them till I am able to overcome all the obstacles and stay with them. the campaign has also helped me especially in terms of communication. I no longer argue with her like I used to. my girlfriend and I attended the campaign, so it has also helped us as a couple; our finances are now in order, I have reduced alcohol intake as I drink rarely. above all I have peace at home. the only thing that stresses me is my children's situation which I believe by God's grace I will overcome.

5. I was in a relationship with a narcissist who abused me physically, emotionally, verbally and psychologically. I was not allowed to talk to anyone at all, I was forced to cut ties with my friends and family. It was so bad that he would beat me in front of my children and the kids feared me. they would hide at my sight. he would fight me and take the money I have worked so hard for by force. at last, I found the strength to walk away from the relationship because I feared for my life, I knew one day he was going to kill me; I did not want to be a statistic. what pained me the most was the look in my children's face when they saw helpless mother being beaten blue and black. I did not have a relationship with the kids at all. the campaign taught me that you can't hurt someone you love- love is not supposed to hurt. I also learnt that communication is a way of life and that I can't live my life in fear and isolation. I also learnt that you do not solve conflicts with fists or hurtful words. I learnt that I am worthy in God's eyes.

6. I used to drink a lot and i would fight with my drinking buddies resulting in assaults then I would come home in the middle of the night making noise and harrassing my family. This behavior brought a lot of conflicts among us. I was even not on talking terms with my siblings. after the teachings a did a lot of introspection and decided to quit alcohol so since then peace is reigning in our home. when i knock off from work i keep busy with household chores so dont idle around and fall back on drinking

7. I was married young at 21 and got divorced 10 years later. My ex-husband was already working at the time and his money did most of the things at home. I would get temporary jobs and help where I could. He started being physically, verbally and emotionally abusive and at times he would do this in front of our children. he was a serial cheater, and he would do things that a child is not supposed to see in front of them. he had spirit sa go ikgagapelela our properties, so I walk out of the marriage with nothing and left everything to God who sustained me. I found a P&P job and right now I am striving to build a legacy for my children who were badly affected by the divorce. I also met a very loving and caring partner. the book is helping me to do things right this time around.

8. The campaign has changed my life for the better. Before I was a heavy drinker who spent all her money on alcohol and was not taking care of my children. I was rough with people and had anger issues, so people feared me. After the teachings I took it upon myself to change. I have quit drinking at all, and I am now the mother my children deserve. I make sure they have food and clothing. I no longer have anger issues, and I have become the people's advisor. I stay in Bosele ward, and the people here have also changed. I carry the book wherever I go so whenever I come across people having issues I am able to advise them based on the book. that anger that I had towards my children is also gone; I now talk to them calmly and apologize to them when am wrong

9. Almost all my previous partners were verbally abusive towards me. I would bottle things up so I developed anger issues which I would take out on my children, friends and colleagues. I was not an approachable person. I lowkey hated my children because of what their father put me through- the pain that he caused me. the anger was slowly eating at me. the campaign really helped a lot especially the communication, conflict resolution and children topics. I learnt to be a better parent and a good communicator. God also blessed with a loving partner who would do anything to make me happy. I now know it was never my children's fault to be treated that way by their father. I am also a good friend and colleague, and I advise them based on the book. I would send them snapshot of topics, so they also read and benefit just like I did.

10. I was addicted to alcohol and drugs and this brought so much disorder and unhappiness in my family, the topic of DRUG SUBSTANCE helped me

a lot and I have stopped and I am now encouraging the youth and men to help them to stop too, I am sharing the book everyday as I am a public figure.

11. I feel the campaign was all about me, I was in an abusive marriage and was failing to take a decision to divorce and stayed for my kids, the campaign helped me to make an informed decision and I am now in the process of divorce. I realized that since my husband is too traditional it has been difficult for to meet his expectation, he does not allow me to have a social life, he dictates what time I come home and also dictates what I should wear, so the topic of UNMET EXPECTATIONS revealed a lot for me.

12. My partner used to drink a lot and come home late and start making unnecessary quarrels and never used to have time for us and this was causing so much stress to me and the kids but after the campaign it's all peaceful in our home.

13. I used to drink a lot, I was an angry woman, and I would talk carelessly to everyone but now I stopped drinking and I am able to save money and I communicate peacefully with everyone.

14. My boyfriend and I were always arguing and fighting and there were times when he would promise to kill me. The campaign came at the right time. Right now, we live in peace and time and again he reminds me that we should take the workbook and read.

15. I was a victim of peer pressure; I would be following friends around because I wanted them to buy alcohol for me so I would want to please them. My partner was always complaining that I am misusing money and that I don't spend much time with her, and I did not seem bothered -until I attended the campaign and learnt about alcohol abuse that it is bad for my health and my finances. I have quit alcohol, and I spent more time with my partner, I also got rid of that bad influence friends.

16. I am a short-tempered person. Before the campaign I was always yelling and shouting at my daughter. My daughter is 49 years old. I didn't have any regard for her age. I commanded her like a small senseless person. Always wanting my way to take the lead. Since the campaign I now know how to communicate with her without commanding. I listen and let her know how I understand her, she then replies to let me know if I understand her. where there is misinterpretation, she always corrects me without heated emotions. this way of communication has helped my daughter's self-esteem. we are able to talk like mother daughter, even

like friends. proper communication has helped a lot to resolve our conflicts. we have peace and dignity. i also feel respected as a mother.

17. I was a very strict parent who was always shouting at my children and every mistake they did I would beat them without asking questions or hearing their side of the story. My partner is also a quite person, so I was also a loudmouth towards him. Since the campaign I believe in talking to my children and partner in a respectful, calm and loving manner. I have also stopped beating them. the campaign has made me realize you can't solve conflicts by violence or bitter words so since then our home is peaceful

18. I had a very happy marriage. When Talking with the Thabas was still airing on BTV my ex-husband liked the show and didn't want us to miss a single episode, so I don't know what went wrong. He started being verbally and emotionally abusive towards me. academically I am above him, so he inflicted so much pain about my academics to the point where I forgot I had a degree. he started cheating and finally divorced me. mind you, he married the same woman he cheated with. I lost everything, walked out of that marriage with nothing. the courts granted him custody of our 2 children who I only see on school vacations. custody was granted to him because I did not have a stable job as I was on contracts and was moving from one place to another. right now, communication between me and the kids is restricted; the father does not answer the phone nor return my calls, so I am going through so much pain. they are staying with a stepmom I have never seen nor met. after the divorce I pulled back from church because I felt God had turned his back on me. I was a devoted child of God, and I felt I did not deserve what I was going through, and the last straw was when I lost my children to a stranger. I have always loved reading and writing so I stopped because of what I was going through. after so much introspection, fasting, reading I invested in my emotional life. I am currently writing a manual for our church. I also managed to open my heart for another man, and I apply what I learnt in the campaign in our relationship, and it is working out perfectly fine. looking back, I realized lack of communication is what killed our marriage. my ex-husband had a very big ego, and he did what he pleased. I would wake up in the morning and find a new car but there was no consultation whatsoever

IMPROVED QUALITY OF LIFE

19. My life improved tremendously. I am much more peaceful because I am in good terms with my daughter. I never used to talk to her in a calm way. I was always anxious. She didn't like me for a mother. The campaign helped me to communicate much more constructively and with

respect. I know how to active listen unlike when I used to be the one who was always right and always dictating to my daughter making her uncomfortable. My daughter is much more open to me nowadays. she helps me in the home, and I also help her whenever she needs my assistance. the campaign also helped me a lot on issues of money management. I know how to budget. I work for Ipelegeng and also have old age pension package from government. with the little that I get every month, I am able to budget for my daily needs such as food and electricity. I also have a stop order for my savings at the bank. I also subscribe for a funeral scheme called Segotsamolelo. With all the arrangements that I have monthly I am consistent on my monthly expenditure. A number of people that I know in Ghanzi and I, have changed a lot. The Thabas have really helped us in many ways. One of the main things that is seen across many of us is peace and contentment. People also bath, wear clean clothes and walk with confidence. we are no longer depressed.

20. I am living testimony of the impact of the Family building campaign. Before the campaign I was always depressed. Always in bed or snapping at whoever wanted to talk to me. I was a staggered and expecting things to happened like a miracle to me. When the Thabas taught us, I began to come alive. I began to speak constructively and openly, coming up with solutions. because if the Thabas, I now have a vegetable garden which is testament to what the Thabas taught us. my land is much more than Mma Thabas yard where she plants throughout the year. this has given me a bright future because I realise that with all the land I have, there is much more that I can do. I can plant much more, and I can diversify. I also managed to fix the kraal which has been dilapidated since my husband passed away. I am not suffering from depression.

21. Before the campaign she was so stressed and depressed and full of anger because she is going through a hard time as the relationship with her husband has gone sour, they met in Ghanzi in 2016 and everything was going well and the husband was later transferred to Francistown in 2017 and they got married in 2020 and have got 1 child together and they each brought 2 into the marriage that is to say they have 5 children. From 2023 the relationship went sour, the husband stopped being supportive and stopped her from visiting him in Francistown, he even blocked her from some of the social media platform like Facebook. There was no more communication like it used to be before, and she suspected that maybe she is cheating on her of which later she heard rumours from some neighbours that confirms the cheating. She confronted him but he denied. The thought of divorce brought a lot of stress as she could not make informed decision on whether to go ahead with it. Her in-laws also started showing treating her badly and there was no more communication between her and them like it used to be. She suspected they knew about the new girlfriend. She tried to share with him about

the campaign, the importance of the topics and how she thinks it will help them, but the husband refused. She has since moved on now a feel a lot of relief and accepted that divorce is the only way out and is now in the process of it.

22. I now know how to control my emotions. This gives me less stress and it reduces the chances of conflicts with others. Mrs Thaba taught us to be productive by planting gardens for families. I planted my own garden. I am able to eat vegetables from my garden. People come to my garden to buy vegetables. Rape. Spinach and Onions. I am also applying for Chema Chema today. I want to buy tents and rent them to tourists to camp on my land. This will give me more money. After the campaign I now know the importance of saving and having money streams.

23. I used to be in a relationship where my partner used to cheat on me, we would not go out together not even to shops as if he did not want to be seen with me, he was not open about anything concerning his life, I did not know any of his friends not even a relative. I picked on a lot of red flags and was so heart broken. The campaign helped me to discover who iam, that I have value and such I should be able to set boundaries, I called him for a meeting and he did not like it we agreed that we should give each other time to reflect so as to make informed decisions as I had already discovered that we were never meant to be together but I did not want it to come from me, I was shocked the moment he reached his house he gave me a call and told me its over and I accepted it and moved on with my life and I am now more happier with my children.

24. I had a lot of stress in my life and in my marriage, but things have turned positive now after the campaign as there is so much peace in our home and I will attest that to the topic of Communication and the campaign has deepen our spirituality.

25. Mine is not a testimony but rather an observation; I have observed that the campaign has changed some people's lives for the better. Some have stop perpetrating GBV and some have stopping doing drugs and taking alcohol.

26. I was the kind of person that used to talk anyhow and carelessly, my life has changed a lot and a lot of people now admire me and respect me and are able to listen to me as they never did, the book has now become my friend and I am always sharing it with people on one-to-one basis.

27. I feel I now have better communication skills, no more anger within me and I am at peace with the person I have become.

28. My life was in a mess, and I had given up on life since I work for Ipelegeng, but the campaign give me so much hope.

29. I am in the right track as most of the trainings I could resonate to. I am bold now like before

30. I learnt to do something for myself so that I don't become a burden to my partner and the importance of saying what I don't like.

31. The campaign has encouraged me a lot and I like the idea of a having a book for referral as I teach couples

IMPROVED COMMUNICATION AND CONFLICT RESOLUTION

32. Even though communication between me and my partner was never bad, the teachings helped me improve and this has helped us trust each other more because we are in a long-distance relationship. We don't just talk; I make sure that he understands what I say, and I listen to him and see reason. I come up with solutions not only problems that way it does not come across as nagging and adding to his burdens.

33. Me and my partner were in the dark when it comes to communication, we were moody most of the time, and when we have issues, we would not talk to each other for days, but now when that happens, and I see that he is not in the mood I just come and hug and kiss him and we are back on the track again. We have developed our own LOVE LANGUAGE am so happy that I attended the campaign.

34. Communication has improved a lot with my children. I have 7 children with one woman whom I am living with. I also have 8 children with various women in the village. The children from other women come to my home and there is peace about it. This happened because of good communication to avoid unmet expectations with the women and children. Managing a blended family is not an easy thing. it is only possible when there is clear unbiased communication.

35. I learnt self-awareness and good communication. I was very bad at expressing myself; every time I tried to I ended up crying. I bottled things up and swept things under the carpet. I was stuck in a loveless relationship for 10 years. I am now able to express myself. It did not change the relationship; however, the good thing is that I know what I deserve, and I am not afraid to say it.

36. I now communicate well with people as I have learnt that other people's views matter a lot and should be taken into consideration, I never used to bother or consider them and this used to cause friction.

37. Since the campaign my communication skills have improved, I voice out my feelings and no longer bottle things up. My partner is a very quiet person, so I am encouraging him to talk more and interact more with people. I used to be an impulsive buyer but not anymore because I now make a budget and stick to it

38. I am now able to save unlike before and this has given me so much peace and hope that I will have a financial breakthrough going forward. I am now able to identify red flags and not just ignore but address them in a relationship that can lead to marriage also with the help of discernment spirit.

39. I never used to talk even if there is an issue but now there is a lot of progress as the topics of Communication and Conflicts Resolution have played a big role

40. I live in an extended family and conflicts were very common amongst us and we would be shouting to the point where everyone passing by, and the neighbours could hear us. We were fortunate enough to form a group as a family and communication and conflict resolution topics really helped us a lot. whenever we have a misunderstanding we now sit down and talk like civilized people in private. the shouting, insults and all the drama that used to happen is no more.

41. I have since improved in communicating with my kids, before I would not listen to them and was always shouting at them thinking I am communicating.

42. Since I did not have good communication skills like active listening, I would not even bother to encourage anyone or even advice anyone on anything but ever since the campaign I have people calling as and when for my advice

43. I was never a good listener and would interrupt people while still talking and now I am able to share and encourage others.

44. One thing that used to bother me a lot was being with someone, and you can tell there something bothering her and she would not open to you and you wonder how important you to her, but the situation has since changed she is now open and free to talk to me about anything.

45. Communication was not easy for me, every time I wanted to get my point across I would shout angrily little did I know I was not

communicating. After the campaign I now calm myself down before I speak no matter how angry I am, and this has really helped me because even the children listen to me more and people in my family are not afraid of me.

46. I am now a change maker in my relationship, I now listen attentively to him, I am no longer short tempered, communication is smooth, and we talk a lot more now than before

47. There used to be a lot of conflicts in my family and the topic of Conflicts Resolution played a big role as we can now sit and discuss issues and agree as a family.

48. My testimony is on communication as I learnt how important it is into any relationship and for me it worked wonders between me and my husband, no more pointing of figures at each other, we have discovered that you cannot agree or disagree all the time, but we agree to disagree and disagree to agree.

49. My testimony is on communication with my family as we never used to sit on a meeting and discuss family issues and this resulted in so much friction amongst us but now we are even able to sit together and talk peacefully.

50. My life was very painful before the campaign as communication was poor between me and my partner but as he was one of the members of my group it is now super

51. I have learnt the skill of being a good listener. I no longer interrupt people when they are still talking. I listen attentively to respond constructively.

52. Communication has opened my eyes as a teacher and a Pastor, I use the book as tool to teach people about finance as I have gained a lot of knowledge and is now working for me as my financial life has improved

53. My neighbours who are sisters lived in dispute with each other, we used their yard for our group meetings so after we learnt about effective communication and conflict resolution they sat down and ironed out their differences and issues of inheritance now they live in peace.

54. I used to be a very shy person and was not able to express myself to people, friends, relatives and colleagues but the campaign has helped me a lot to open up but now I have so much confidence and the topic of communication helped a lot. People never used to respect or take me serious but now my story has changed.

55. I learnt that communication is the key to any relationship be it between partners, siblings, relatives, churchmates, workmates and the entire people within the district, and I am now open to everyone and relate with all.

56. I never used to communicate well with my kids and my tenants and there was no peace at all in our home, but now I communicate peacefully with everyone.

57. I never used to talk and will keep silent even if I am hurt but the topic of Communication helped a lot.

58. I had challenges in communicating with my partner and kids but now we are ok, we communicate very peacefully.

59. They never used to agree on anything with her partner but now they can talk peacefully and the topic for communication has helped a lot.

60. There is so much improvement on communication with my kids which was never like that before, and we now have the most peaceful home.

61. I can now cope with a lot of things as I no longer bottled up, I speak my mind.

62. A great improvement with my partner as I used to talk anyhow to him

IMPROVED INTRAPERSONAL RELATIONSHIPS

63. I am a person that really loves reading so before the campaign I had a tendency of reading at night, I would not give my husband attention even when he wants to be intimate I would just say I am still reading, this made him feel disrespected, unseen and unloved. Since I attended the campaign I have learnt that I have to give him attention especially in the bedroom, this will help affair proof my marriage. I have learnt to use our money for useful needs before wants and I am now clearing my debts without creating more debts and slowly learning to work and stick to a budget.

64. Yes, of my sister whose marriage has been falling apart before the campaign and was drifting apart and the husband left their home but now he is back as the campaign has helped a lot with the topic of communication. My sister was easily angered and would not talk. As she was part of my group and learnt a lot she managed to contact the husband and the husband is now back at home.

65. I as used to be the one doing all efforts to make this relationship work, my partner did seem to be in it and I was on the giving side while he was on the receiving side. I was the one in love and was begging him to love me but now the situation has changed.

66. My husband never used to help with household chores, he never used to take me out for a date and this caused a lot of disconnection between us, but after the campaign its love on the rocks, every day when he comes home from work he would hug and kiss me, the topics of UNMET EXPECTATION and HIS NEEDS AND HER NEEDS had played a big role in connecting us again

67. I never used to care about people, and I did not have friends. I am in a relationship, but I never behave like a woman we were like two men under one roof, I have now taken as a woman in the house, I love people and relate well with everybody including my neighbours, there is so much peace in my house and I now believe in helping other people.

68. Before the campaign my communication especially with my partner was the main issue, it didn't bother me to spend the whole day or go for days without talking to him. He has always complained about this, and I did not take him seriously. I also did not prioritize our relationship as i would put others before him. nowadays I have really changed, and we spend a lot of time together. I refer to His needs, her needs topic every now and then to learn how I can spice things up and be a better partner.

69. I had issues with my cousins due to a syndicate of moraka (cattle post) that we are sharing but through the trainings of the campaign I managed to call them all for a meeting and we are now on good talking terms

70.I have a daughter who cared less about me. After the campaign she became very close to me. She began to have good manners. She even got betrothed for marriage. The wedding hasn't taken place because of the difficulties imposed by relatives. I also have a testimony about myself. I wanted to commit suicide before you came, but after the lessons I am now peaceful, and I no longer have thoughts of suicide.

71. I used to be prideful and boastful and felt I did not need anyone, so I did not care about other people, whether they were hurt or not was none of my business. Whenever my partner and I had an argument I would tell him that if he no longer loved me he should go as there are many men in the world. the campaign has taught me that no man is an island, that I should respect other people, that I should be respectful to my

partner as the head of our household. I am now obedient towards my partner, and I value our relationship more.

72. The topics of: Communication and Spirituality and Children have brought of relieve in my life as I did not have a good relationship with my biological father, I was raised by my grandmother and was not close to him, since my dad also attended the campaign, we are now very close, and we communicate peacefully.

73. Before the campaign I never used to listen to my children when they fight over cleaning, cooking, instead I would side with the one who came first to report and this used to cause a lot of friction in our home, but these days I call both parties and listen to both side of the story and this has brought so much peace.

74.I am a divorcee, and I realised that communication played the biggest role to our marriage, we would agree on somethings but and we would do them just haphazardly and sometimes without even let the other party to know, the campaign helped me to do a lot of check-ups as I am in a relationship and do not want it to fail again.

75. Before there was no peace at all and we used to be very broke and now there is a lot of improvement as we can now plan together. We are happy together as he now spends more time at home

76. I can now sit and talk to my children about anything including their relationships, they are my best friends now unlike before as I was not open to them.

77. I found my partner with 8 children, and we have 1 together and their mother used to be so protective over them but after the campaign we sat and talked, and these her children love and respect me and treat me so well.

78.I am able to express myself to my children. My children are stubborn. They do not do home chores with ease. No matter how difficult they are, I still express myself without shouting and without allowing my emotions to hurt my health. Because of this improvement they end up doing the work even if they do not like it. when they are slow to act on my instructions, I do not do what I ask them to do. I wait upon them to obey. if they do not obey, they face the consequences of disobedience. the good thing is that they always know why they have to face such because I make it clear that if they do not do what I ask them, they will suffer some punishment.

79. He used to keep quite when angry and this resulted in him having stress before the campaign and now, he has managed to calm as he is able to

talk freely with his partner and also to other people in general and it makes life easy for him since he has a manual to refer to.

80. Me and my children are now the best buddies as we talk peacefully unlike before where they were not open to me. We tolerate each other now and they are more understanding, and we are much happier than before where we hardly talk about issues.

81. My marriage has greatly improved due to this campaign and the workbook is helping a lot as we refer to it every now and then. Before it was strenuous financially as my husband was not working and I was the breadwinner from my baby-sitting business, so it was a bit too much for me. Our communication was not as effective as it is now, so the campaign has really helped; the good thing is both of us had attended the campaign, so it is easy for us to relate to the teachings. right now, my husband is working so we are ok.

82. I was so stressed emotional due to family issues, we stayed together with my siblings but were not connected at all, siblings who are working were not helpful and we will quarrel a lot over small issues, but were so blessed to attend the campaign all of us including my mum and the situation has changed now and there is so much peace as we managed to sit in a meeting and iron everything out

83. I was staying with my siblings and I and my brother were not working whilst the other 2 siblings were working but could not help, if one happens to help, she will not do it with a good heart as she would be complaining and now the situation is much better because we are all working.

84. I am a leader in church, I used to attack people in when they were wrong and now I take my time and confront them when at the right time and even my people have noticed the difference.

85. I never used to tolerate nonsense before the campaign, I would even act on hearsays but after the campaign I have calmed down and would only talk and confront my husband in a calmer way

86. I used to be short tempered but now I can confront my partner, and we are now friends.

87. The teachings helped me see that I can raise my children well in the way of the Lord. I am also now able to speak my mind instead of keeping quiet for the sake of peace like I always did.

IMPROVED FINANCIAL MANAGEMENT

88. I was frustrated because my building project was not finished because I didn't have enough money. So, I adopted Ashley's initiative of backyard gardening to save money. I now have a back garden where I plant vegetables and nuts in buckets. I also started putting my needs before wants, I prioritized my building project and as we speak the house is near completion. Also, I do not keep quiet like I used to, I speak my feelings and thoughts. The training even boosted my confidence.

89. I was a fashionista I spent a lot of money on clothes only to wear them once, I wanted my car to always be on full tank and would misuse the petrol unnecessarily, I used money without a budget but since the finance teachings I try by all means to stick to the budget and I have stopped buying clothes I don't need just to look good.

90. I now use money wisely and I plan together with my children. We discuss our family budget together, with needs before wants. Also, like Ashley said I save plastic bags so that when I go shopping I don't have to buy them. These are things that I didn't do before the campaign and now I do them and they save me money.

91. I got married shortly after the campaign so every time we go shopping we make a budget, and we make sure we follow it/stick to it. We also make sure that we separate our needs from our wants. We also have a savings account, and we make sure we save money every month without fail. before this campaign I was a very serial impulsive buyer, and I did not save money at all so the finances topic has really helped us at all. I love that my wife and I attended the campaign, so we are in sync when it comes to money.

92. I still have challenges on savings though it's no longer as bad as before after learning about finances at the campaign.

93. I learned the hard way of depending on my partner for survival and the topic of FINANCE helped me a lot and I am now able to save no matter how little the money is.

94. I never used to save money but now I can save no matter how little the money is. There was no peace in our home as we did not know the skills of communicating

95. Before I met HFF I never used to make a budget and stick to it and I had financial challenges, but the situation has changed now I am doing it on monthly basis and do stick on it religiously.

96. I never used to be able to save and as such I would be broke most of the time but nowadays at least I do it on a monthly basis

97. I used to spend my money so carelessly and I have realised that budgeting and sticking to the budget helps a lot. I was in debts as I would borrow money even 2 days after getting paid.

98. We have been together for 6 years now and we use to have an issue with money that we would fight over it but now we budget together.

99. My testimonies are on communication and finance, I never used to talk boldly, and my finances were nothing to write home about, but I see a lot of progress now on both.

100. We never used to save but after the campaign we decided to give it a try and we are now happy with the results

101. An improvement in finances as I am now able to budget and follow it.

IMPROVED RELATIONSHIP WITH GOD

102. The Thabas have made me to be intentional about listening to God. I study the word of God daily. I have a prayer plan. I study the word alone and pray in my room. I also have a prayer partner. We have scheduled a time when we go up the hill for prayer. This has brought a lot of peace to me. I am able to know the promises of God and to claim them. I am able to do only the things that glorify God during the day because I take time to hear His will for my life each and every day. I have also consistently managed to stick to my budget. I am not employed. I have a house that I rent out. Whenever I get the rent money I use it appropriately. before then I used to be careless sometimes.

103. I stay with my children and grandchildren. Mt children are obedient. My children have been very delinquent. It used to raise my stress levels. I thank the Thabas for the good lessons they brought to Ghanzi. My children chose to attend the lessons with me. This brought a lot of change. My grandson who was very difficult has changed. He even buys groceries. One thing that has really surprised me is that he has given himself to God. He bathed one day and started going to church. he is a Christian and he looks very smart and has a lot of contentment. For your support to those you taught, consider also teaching much more about the consequences of alcohol and drugs.

104. I am closer to GOD now than before and I wish there could be a second book to refer to. The campaign has brought me closer to my partner and kids as there is a flow of communication every now and then.

105. I could never share the word of GOD with my colleagues as I thought we are not of the same level but now I am so free and do it as and when time permits

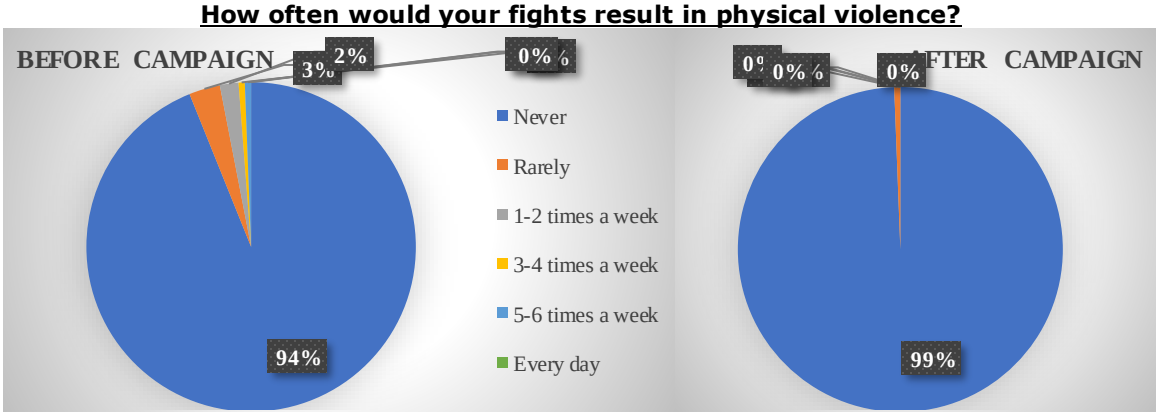
106. I was so hopeless and had given up on life before the campaign, but the campaign helped a lot it was more of a therapy to me, I was going to church but was not close to Jesus Christ, was going just for fun but now my relationship with my Lord has improved a lot and I am happier than before.

5. TOP AREAS OF IMPACT

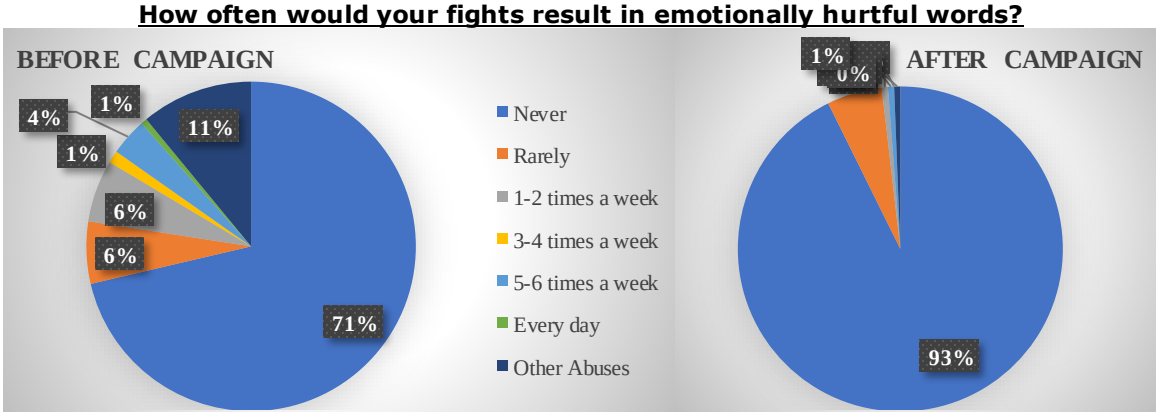
As a measure of follow up, our data collecting team contacted the leaders from the Ghanzi campaign and asked them, "It has been 7 months since the campaign finished. Tell us about the most important way in which the Family Building Campaign helped you." The following graphs illustrate some of the answers received.

How often do you drink alcohol or take other substances?

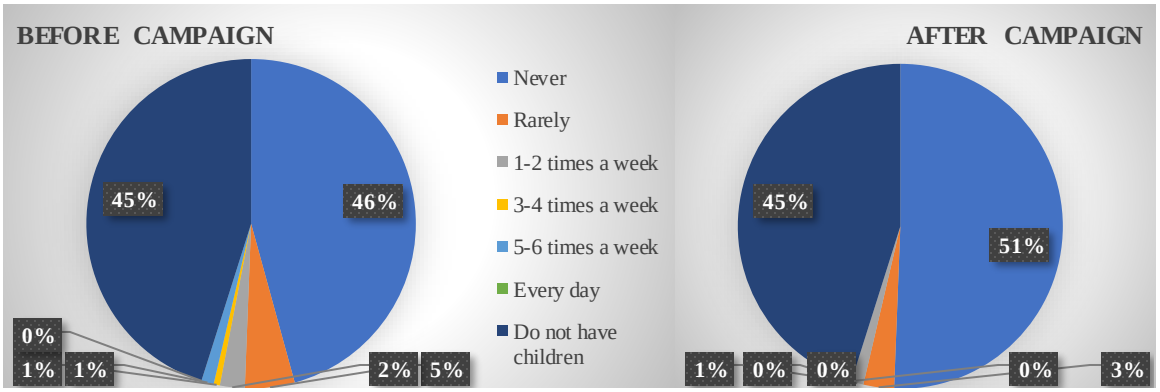
How often would your fights result in physical violence?



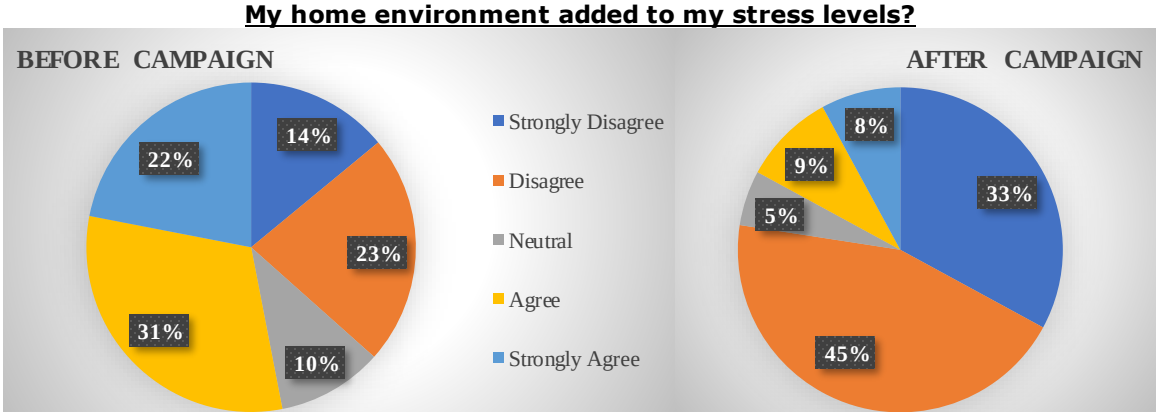
How often would your fights result in emotionally hurtful words?



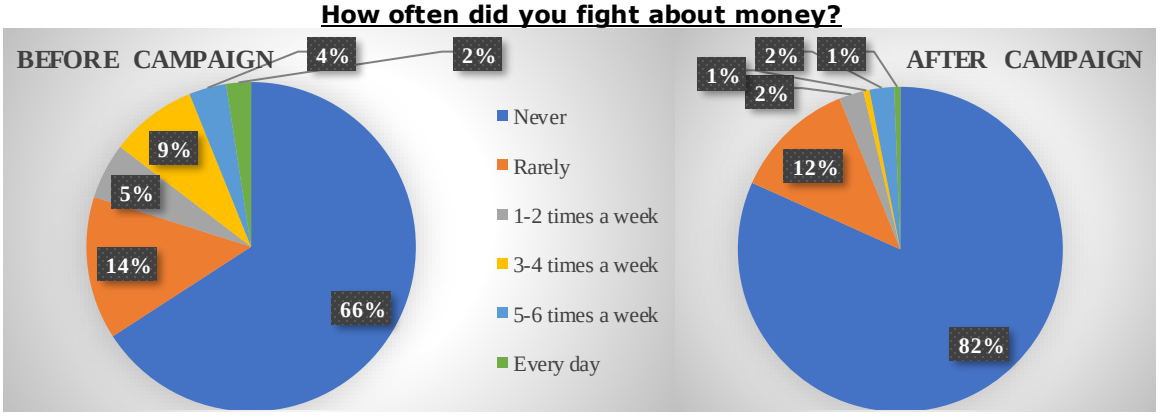
How often did you fight in front of your children?



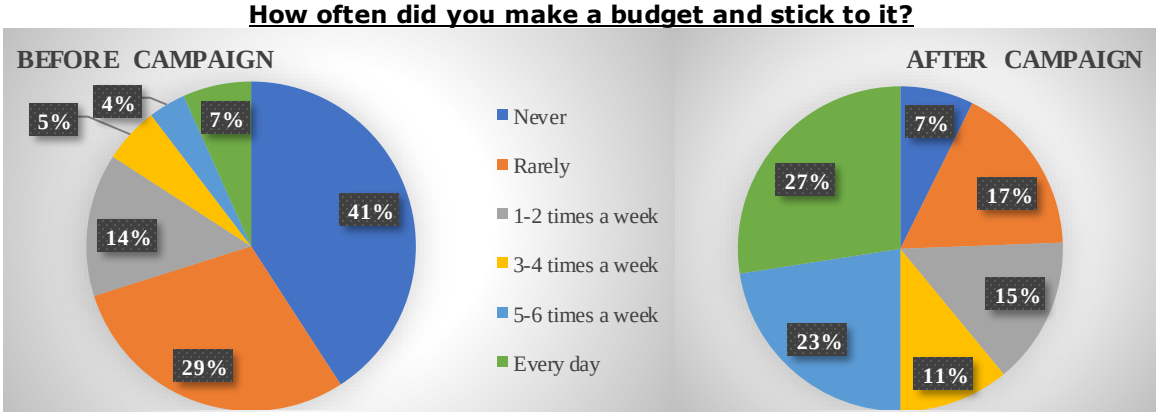
My home environment added to my stress levels?



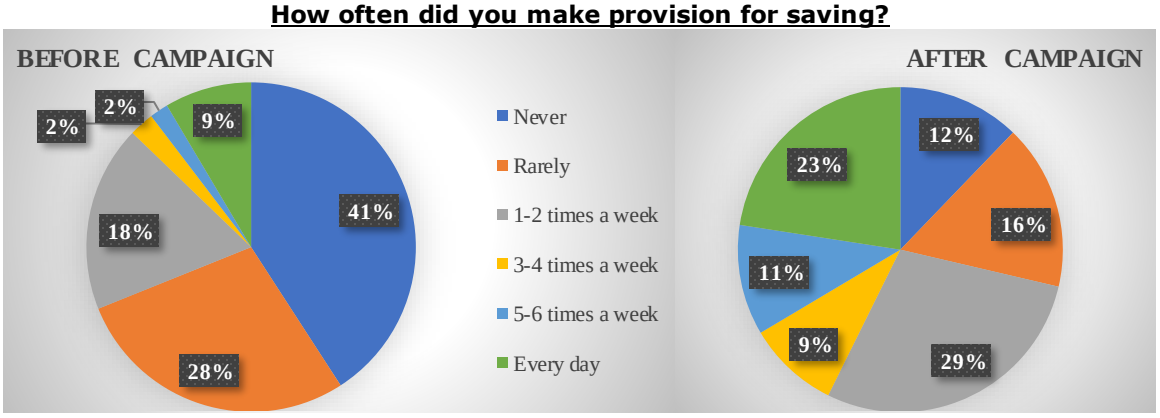
How often did you fight about money?



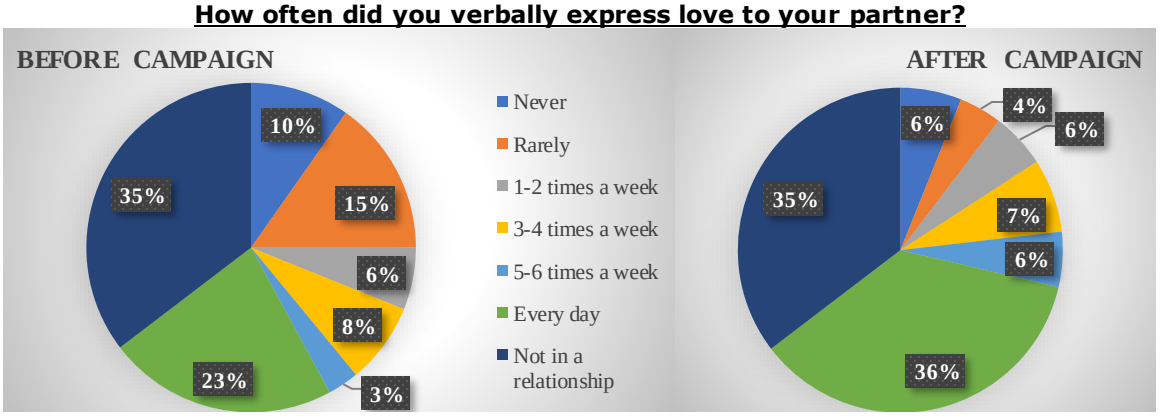
How often did you make a budget and stick to it?



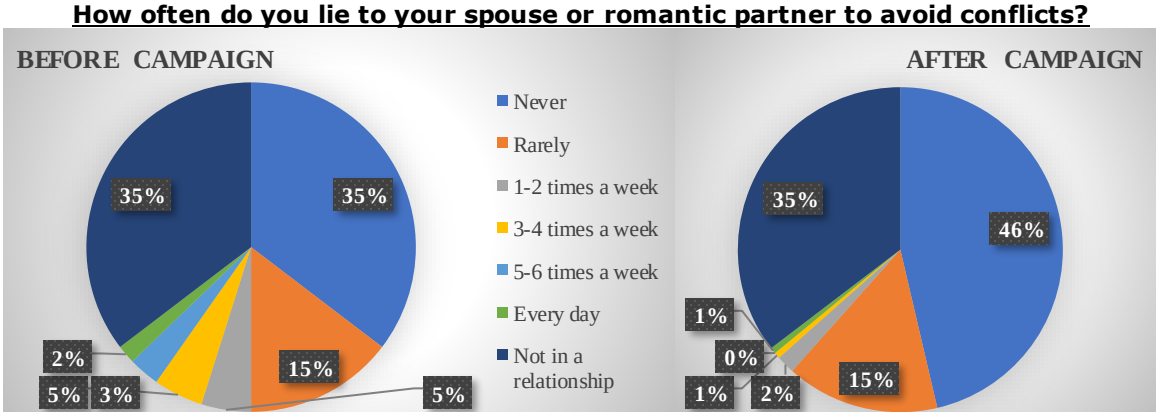
How often did you make provision for saving?



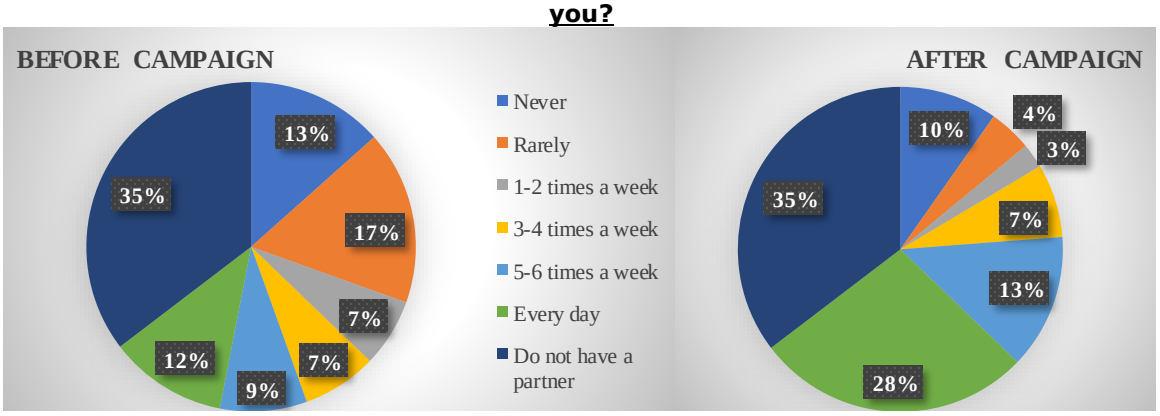
How often did you verbally express love to your partner?



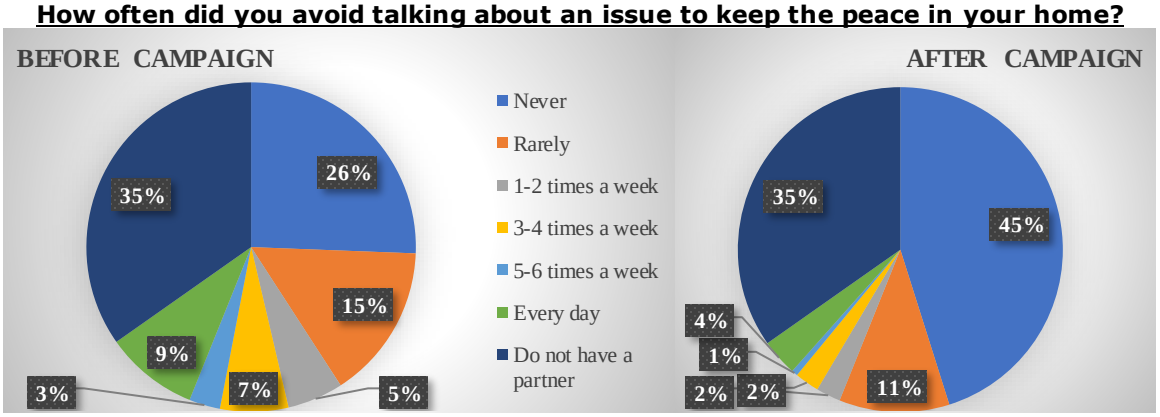
How often do you lie to your spouse or romantic partner to avoid conflicts?



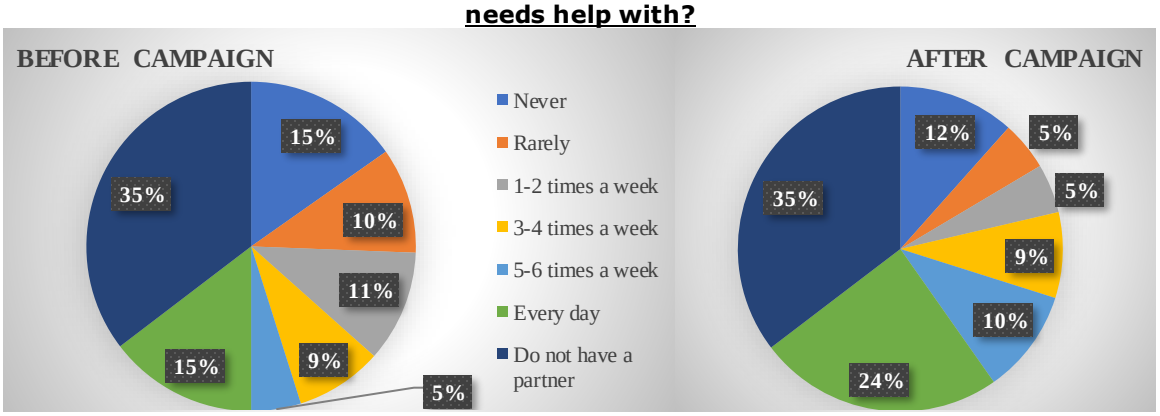
How often does your partner, apologize to you and/or ask for forgiveness for hurting you?



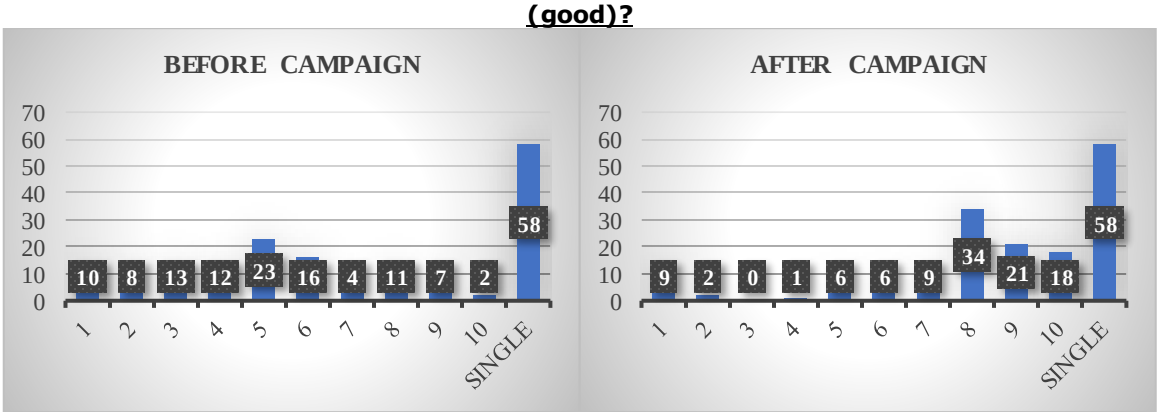
How often did you avoid talking about an issue to keep the peace in your home?



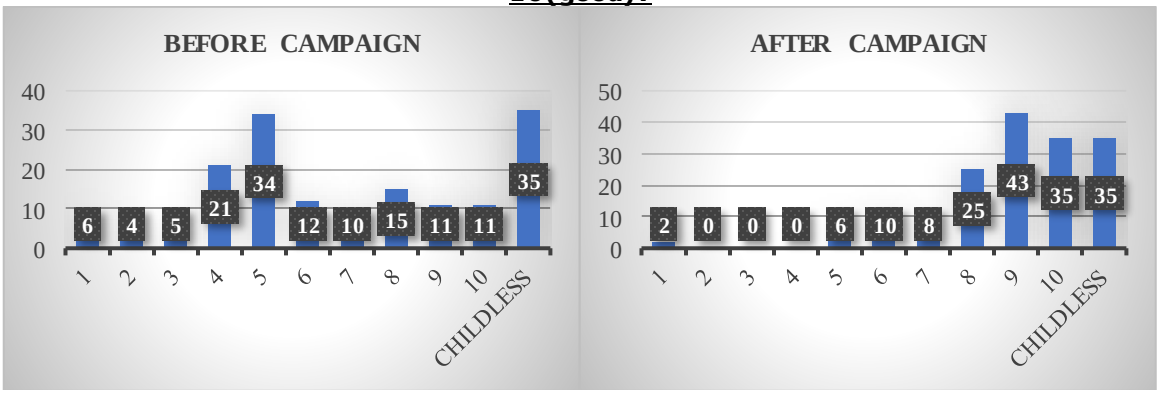
Before the campaign how often did you help your partner with a task that he or she needs help with?



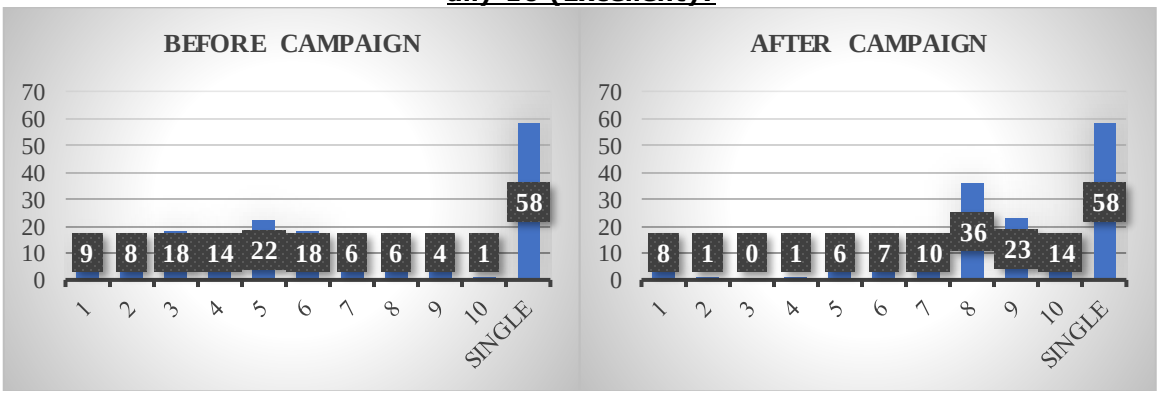
How would you rate your communication with your partner on a scale of 1(bad)-10 (good)?



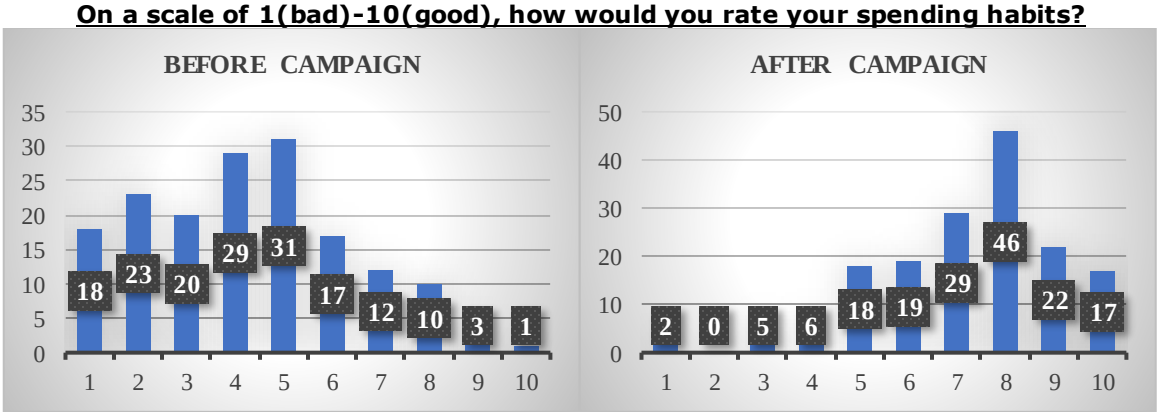
How would you rate your communication with your children on a scale of 1(bad)-10(good)?



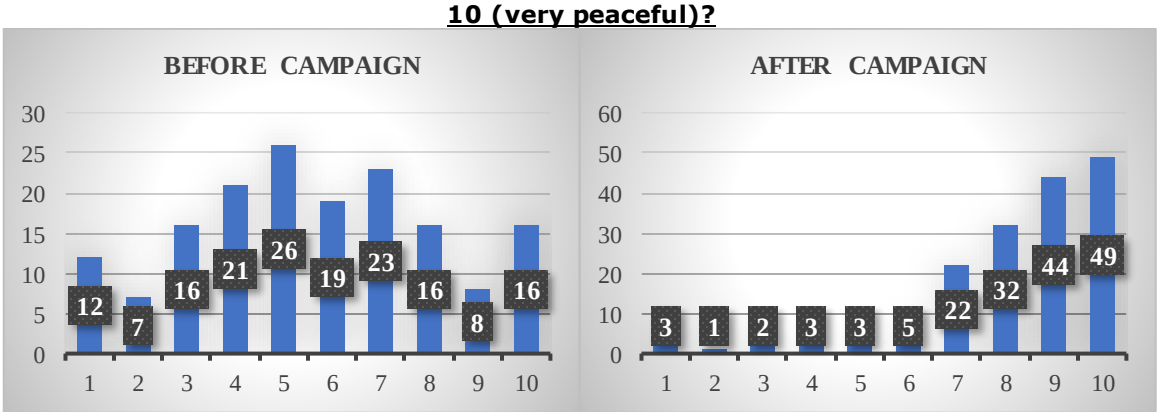
How would you rate your communication with your partner on a scale of 1 (Not good at all)-10 (Excellent)?



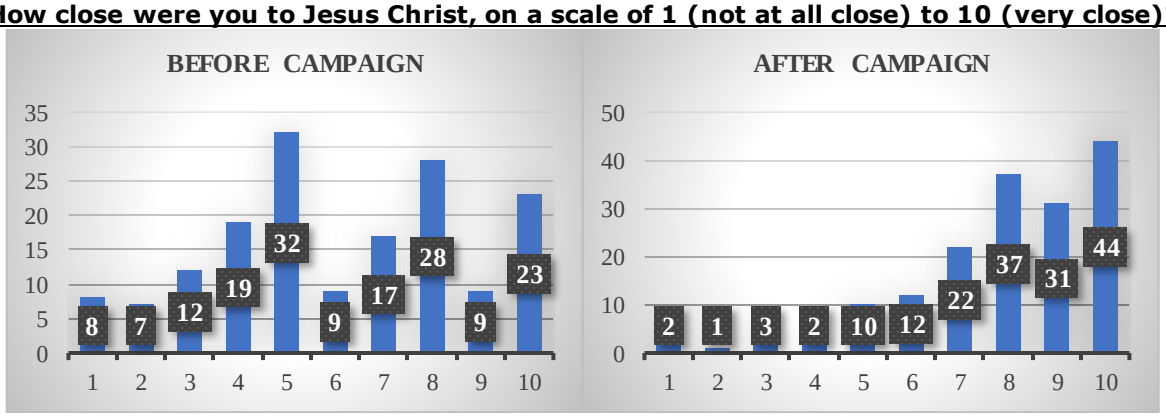
On a scale of 1(bad)-10(good), how would you rate your spending habits?



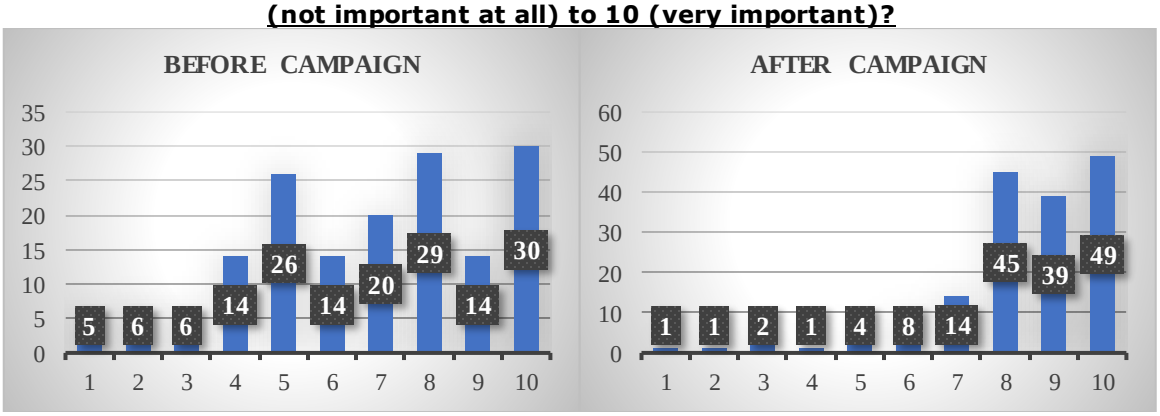
How did you rate the level of peace in your home, on a scale of 1 (not peaceful at all) to 10 (very peaceful)?



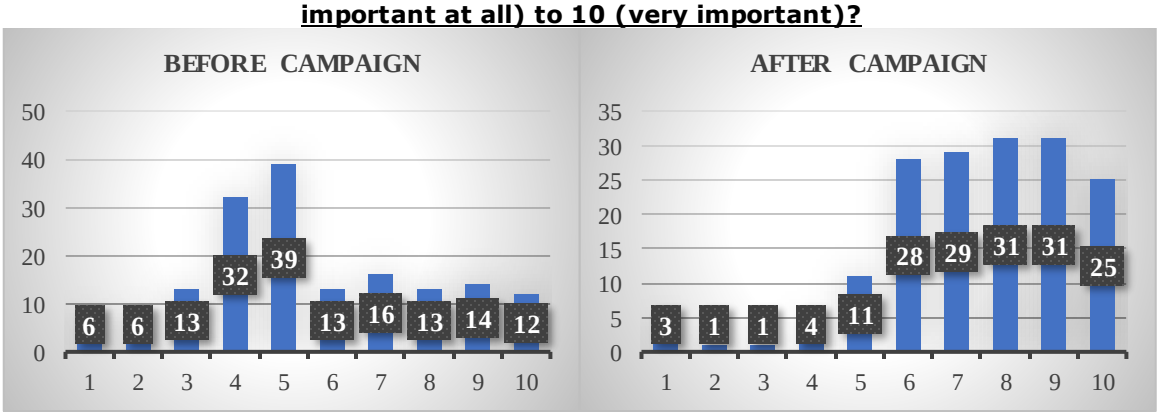
How close were you to Jesus Christ, on a scale of 1 (not at all close) to 10 (very close)?



How important would you say your relationship with Jesus Christ was, on a scale of 1 (not important at all) to 10 (very important)?



How important was it for you to follow the guidelines from the Bible, on a scale of 1 (not important at all) to 10 (very important)?



7. HOW OFTEN GROUPS MET 6 MONTHS AFTER THE CAMPAIGN

The following below shows that 20 groups have met at least once after the campaign; 4 met three times a week, 4 met twice a week, 8 met once a week, 1 met once a month, and 3 groups stopped meeting after a few to several times.

- Have met three times a week ~ 4 Groups
- Have met twice a week ~ 4 Groups
- Have met once a week ~ 8 Groups
- Have met once a month ~ 1 Group
- Have met a few times ~ 3 Group

8. PEOPLE FORMALLY ADDED SINCE CAMPAIGN

Since the campaign ended, a total of 35 people were formally added to new and existing groups. Below are the details.

One group had 15 new people

Another group had 10 new people

And one other group had 10 new people.