THE HEALTHY FAMILIES FOUNDATION

(A NON-GOVERNMENTAL ORGANIZATION)

&

(NON-PROFIT TRUST)

OF

(TRUST Number: TUHGB-000023-20)

SPONSORED BY

PRESENTS THE RESULTS OF THE

6 MONTHS POST MAUN FAMILY BUILDING CAMPAIGN REPORT

27th MARCH 2025

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1. INTRODUCTION

The Healthy Families Foundation recently conducted an 18-day Family Building Campaign in Maun. This campaign was sponsored by the Ministry of Local Government and Rural Development (MLGRD), Wilderness Safaris, Healthy Families Foundation, Khoemacau, Chobe Holdings, Xigera, Natural Selection, Lodge Builders Botswana, African Bush Camps Foundation, Helicopter Horizons, Safari Destinations, and Youth Empowered Botswana.

During the campaign, 167 groups comprising of 3753 people met every afternoon to study the Making Marriages Fun workbook in small discussion groups. The Maun family building campaign concluded on the 12th of September 2024. 6 months later in March 2025, HFF employed 2 data collectors to do the follow-up on 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 3753 people who attended the campaign, 5% (168 people) were chosen at random. These 168 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 167 groups that met during the campaign, 31 groups and 5 sets of people have met at least once after the campaign; 3 groups met everyday, 1 group met five times a week, 11 groups met once a week, 2 groups met once a month, 14 groups stopped meeting after a few to several times, and 5 sets of people met up. The leaders and participants from multitudes of groups registered 227 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 Maun 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 3753 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% (168 people) of the 3753 were called.

3. SAMPLE OF PHOTOS OF THE 167 GROUPS

4. TESTIMONIES OF IMPACT

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

DECREASED SUBSTANCE ABUSE & GENDER-BASED VIOLENCE

1. I was married in Tonota. My husband was very abusive. He used to join in with his parents and verbally abuse me. My husband said he would kill me. I ran to my family for refuge. My family chased me and said I should go back to my home and build my home. They believed that I was irresponsible by running back home. I went back to my home in Tonota. Nothing worked. I ended up running away. My husband ended up dying. He had wasted everything we accumulated together. During the campaign I learned to forgive them. I now live a peaceful and forgiving life.

2.My communication has improved, I used to scream and use hurtful words. This was because I never saw the need to address issues when they happened. That means I bottled up a lot to a point that when I addressed them I became verbally abusive, and also I used to emotionally blackmail my partner a lot. If I want something I would make him feel bad so that I can get my way. One thing also was that I never expressed Love for my partner verbally even when he got a nice clean haircut I would rather keep quiet thinking if I told him he would go around feeling big and handsome. But the teachings have really helped me in my new relationship. I express my Love to him a lot and I don't wait for issues to pile up, when I am more considerate.

3. The campaign really changed me, I used to go to grooves and partied a lot. That means I did not spend enough time with my partner. Also, I used a lot of money on these events buying tickets and alcohol. I would go to groove the whole weekend and even come back at the break of dawn. All this nice time left a little time for me to spend with my children. I have since reduced my going out and now I save some money because I only drink on weekends at home, I don't do parties and grooves as often as I did. Thanks to the campaign for helping me see the error of my ways.

4. Before these lessons I had so much anger. I was a lion ready to devour anyone who wanted to mess with me. No one was allowed to disagree with me. I tolerated no nonsense and rarely listened to anyone especially my wife or children. They endured my wrath. I would even neglect minute things but since the campaign I am a changed man. I tolerate other people and have learnt to accept that we are human, and we make faults. I apologise when I am wrong. Just recently I beat my son in front of his young siblings. I immediately went to him to apologise for the way

I approached the issue and continued to show him in a calm manner his faults. He really opened up to me about his concerns and that really made me happy. When I feel like shouting with my wife and realise my wife also wants to shout I walk away and later when we are both calm then we can talk.

5. I separated with my Lover- A whole pilot. He is the one who trains pilots. We separated from each other after 14 years because he was an alcoholic. He spends a lot on alcohol and buys for everyone. He never keeps a phone; they are always stolen. The problem is that he is quiet and Loving, so his friends take advantage of that. His friends can also take his ATM card and eWallet themselves. His friends died from alcoholism, but he continued to persist, to that point that I found out that all the travelling he was doing from Gaborone to Jwaneng, was so that he could go drink. We once had a bus business in collaboration with another company, but it failed because of him and spending all the money on alcohol. I now work at Ipelegeng as an accountant, I have a kraal with cattle and managed to buy 7 plots and a farm. I am happy alone with my children.

6. I am a married woman but I have been through financial abuse and marriage challenges from a husband who is an alcoholic. The alcohol brings fights because it is only when he is drunk that quarrels come up because he spends almost all the household money there even though we don't have much that we cannot even save some. However in the midst of all these I learnt to trust so much on God as the source of my strength and all solution to my problems. It has helped with parenting my children, being open to them has made them to be open to me and has brought us closer together.

7. Since I attended the campaign my life has changed. 1. Religion: I didn't go to church I went to traditional doctors for services only my partner and I sat down to discuss our differences, and I started going to church with her. I must say I don't go to church because I am forced, I pray and voluntarily chose to go and worship God. 2. Alcohol: my previous partner wanted us to go clubbing and drinking all the time. So, I got used to that life and we wasted a lot of money doing so. But since after the campaign that relationship ended, and the teachings encouraged me to quit alcohol, and my current partner was supportive. The teachings also helped my partner, and I put our expectation on the table and discussed so that we understand each other and avoid disappointment due to unmet expectations. I am now very open to my partner about financial issues something I never did before in any of my relationships. In my past before the teachings, I would quit a relationship because my pride would not let me forgive someone even for small issues, especially when the honeymoon stage is over. During the campaign (preparing for marriage (topic)) I learnt that there are different stages in a relationship and that when the honeymoon stage is over it does not mean I should

quit. I am practising all the tips in my new relationship, and it is going well, and we are happy.

8. I was in an abusive relationship with a partner who was too controlling. I saw all these red flags, but I ignored them. I would try to communicate my whereabouts with my partner, but he would not appreciate but instead he would start calling me names and emotionally abuse me. When I attended the lessons I started sharing with our group leader and I became self-aware that this was not the kind of man that I want, however we continued dating until now we sat down and I told him that we need to end things, and we were not compatible. My money management improved. During the lessons we would have discussions with other members and share tips from the book and personal experiences. That is how I learnt that sticking to the budget is very important and I must say it is really helping me prioritize needs before wants.

9. The lessons helped me reduce alcohol intake, and my behaviour changed. I spent a lot of money buying beer and that also meant spending more time at the drinking spots instead of quality time with my children and partner also rarely saving money. I am able to save some money from my tuckshop business. We are happy, there is reduced quarrelling.

10. My family is stronger than before. We all discuss our way forward and what each member is up to. My children have even pledged to contribute and help. Their siblings got married. They understand that cohabiting is not right as well as fornication and adultery. I was a drunkard before the campaign. When Mma Thaba taught us about her father-in-law drinking for many years I saw the need to stop drinking. Since that day I do not drink alcohol. One day I tried to drink, and I vomited. When I was a drunkard I spent money carelessly and was always broke. Now I have nothing that drains my money. Recently my wife even washed my money in my pocket. If I was still drinking alcohol I would have long used the money. Life is good.

11. My in-laws like to abuse me emotionally. I usually am emotional person. I sulk and keep quiet- even other people will notice. But ever since the Thabas taught me I do not sulk anymore. I have peace. My spirituality improved. I take my pastors cause and make peace. I am happy that I have peace.

12. When I spoke to someone, and I realised that they did not want to see things from my perspective it made me boil with anger. I would say a lot of things that I did not mean. I think this was because of a lot of emotional pain, but since the lessons I am a better listener and communicator. Even though the anger wants to come back I exercise self-control.

13. I used to be easily angered in front of our children. After the lessons, I used to go and teach my wife and children what we learnt. Now I no longer scream at my wife. My wife respects me and more. My children respect me more. Me and my wife budget our money and we discuss all financial challenges.

14. I lived in emotional abuse, but the campaign helped me because every day I would go back to teach other people and also shared with my partner. He was battling with anger issues and insecurity but as I shared with him about communication and conflict resolution tips. Also me working on my short temper the emotional abuse is currently not happening. I Appreciate the help that the teaching brought to my life.

15. My partner has reduced his alcohol intake, we talked about it when I was attending the campaign also because we cannot be together while not on the same page or spirituality. I thought to myself that I will never be in a relationship because of my past experiences but the training kind of healed me in that part because I thought no man was worthy of my Love. Now because of the topic of preparing for marriage, I understand to be clear of my no's and yesses.

16. I would say the campaign helped me reduce my alcohol intake. I have since managed to refrain from alcohol, it has been months. I could be with people who drink alcohol and not be tempted to take a sip. Thanks to the campaign.

17. I managed to change from being an angry man and sulking and that I need to respect other people. This made my child and partner to be afraid of me because of the rage but since I reduced the anger my child freely speaks to me. It makes him happy, and my partner is free.

18. My testimony is that now I am able to save money, which was very difficult to me. I also control myself; I do not get physical in a conflict with my partner. I used to get physical- The last time we were fighting for a SIM card. Now those minimal infractions do not matter and we resolve conflicts very well, thank to the Thabas.

IMPROVED QUALITY OF LIFE

19. I was short tempered used bad words, gave up quickly and did not give people a chance to explain. I was always ready to leave a relationship because I was always right. I am a new person, I have respect, discipline and self-control, no bad or hurtful words. I am able to save some money instead of using it for unnecessary things. I appreciate HFF for steering me in the right direction.

20.I used to be very outgoing, spending time with my friends. I had no time to spend at home reflecting on myself and me going out a lot meant I spent more money on these chilling sessions. I had problems on how I was spending my salary but since the campaign I am able to spend more time alone at home even though I struggle with sicking to my budget. I must say now I spend less money on unnecessary partying and events.

21. Before the campaign I was a person full of anger even for my 4-year-old child and partner. Every minor issue I responded in anger, and sometimes I will just sulk and give my partner silent treatment for days and not talk to him. For this reason, so many issues were left unsolved because we never sat down to talk. After a lesson of communication there is frequent communication, and we talk and iron things out and this has brought happiness in the relationship. I was also reckless with spending money no priorities whatsoever. I could use so much money to buy alcohol before I even attend to the needs. I made sure that I went to almost every fun event, I have improved and saving some money and reduced alcohol intake.

22. The campaign has helped me to easily relate with people. If you communicate openly with people living with them becomes easy and also I try to see the good in other people. Expressing Love and spending time with my girlfriend has become a norm for me, but before it was something that I really struggled with. My girlfriend took my book. She is reading it in Ghanzi and that way it is easier to implement the change.

23. Before the campaign I was very weak. I didn't know how to say No! This landed me in trouble most of the time. Since the campaign, I always think about any decisions I take. I now know how to say No when I have to feedback anyone. I am never intimidated. Even decision making that requires me alone, I know how to say No to temptations. I active listen and it gives assurance to others and reduces unexpected outcomes.

24. I bottled stuff inside. I opened up more and expressed and face things the way they are e.g. I found out that my partner was still in contact with her ex and the old me would have just kept quiet and maybe cheated instead but I opened up to her, and we solved that issue. The campaign moulded me, helped me accept my past because when it started I was still hurting and in revenge mode because of the divorce. I wanted to hurt women but during the lessons I began to see the need to work on myself and move on from the hurt. I am a new person because of the HFF campaign.

25. I went through intense loss losing everything I had after I bought them with my pension. I lost my clients, my property and my self-esteem. When I attended the campaign I got healing, my purpose was revived, and I learnt to trust God. I have moved forward and accepted the loss.

26. My life changed because the teachings made me more self-aware. I was in a relationship where there was little or no effort from my partner. A part of me knew I did not want that for myself. I just found myself stuck but when I started going for the teachings I began to put myself first, establish what I want and don't want. Now I am able to express that. The campaign boosted my confidence that after that I went and ended the relationship because it was not serving me and was wasting my time.

27. I think the best thing I got from the campaign that has changed my life would becoming more self-aware. I used to be a self-contained person, minding my own business, not sharing my problems with anyone. If other people came to me with their problems I would just listen and not say anything or advise. The lessons helped me understand that life is not only about me. Recently my neighbours who are engaged to be married were having issues with in-laws and I gave them my book. I even taught them and advised them on the matter which made me feel even more helpful. After the campaign I managed to end a relationship that was full of emotional abuse. Also, communication with my boys has really improved our relationship because I noticed I was closer to the girl more than the 2 boys. Thank you to the HFF team for the assistance.

28. I used to blame myself for a lot of things, never condoned a lot of disrespect because I could not speak for myself, things have been different. Sandwich method, I practice it. I say something positive than negative and the positive that way my partner does not feel unappreciated, and he knows that when we address issues. Also, I have learnt to prioritise needs, even though I earn money from Ipelegeng and most of the time it is not enough for me and my children's needs. I have been able to use some money to pay for water connection in my yard, that way I will be able to start backyard gardening.

29. People used to think I was bisexual, just because I used to dress like males/boys. I did this because of my past experiences and what happened to me made me to have a lot of pride and felt like I don't need a man. I am in control. I wanted so much power and somehow that intimidated men. During the campaign I started reflecting so much. I didn't want to be this "Poo ya mosadi" anymore. Now I am in a new relationship, learnt to forgive learnt to be feminine, instead of being prideful towards my partner. I am learning to be submissive and also taking responsibility and accountability for my own happiness. I am even learning to dress properly like a lady.

30. My testimony is the level of peace I have with myself. The confidence of life I have with myself. The self-esteem and personal inner conversations I have within myself about what I want in life and how I am going to get there. I see progress in each step I take. I am confident that when I enter into a relationship with someone for marriage. I will be

confident enough to co-exist with him, knowing my personal boundaries of things I can accept and the non-negotiable and negotiables. This has saved me from people who approached me so far. I was able to interrogate them and realised our relationship can't work. HFF has really changed me.

31. I used to be self-centred. When it comes to relationship I thought it all about me being Loved spoiled being treated better failure to that I didn't feel the Love. Healthy Families Foundation taught me about real Love and how to be equal when it comes to both partners in a relationship. Also how to budget I prayed that the Lord help me use my money wisely this year because I used to blow it all. Growing up comes with responsibilities. Thank you for the light you brought to me.

32. My Love life has improved a lot. Me and my husband attended the campaign together. We were always sitting together and participating. After the campaign we improve a lot in terms of our quality time. We intentionally make time. We go out and spend quality time undisturbed. We have marriage devotionals together and express Love openly to each other unlike before. My husband helps me a lot with home chores. I also help him a lot with his business hustles. I make adverts, write proposals, write emails etc. We work harmoniously thanks to the campaign.

33. The Family Building Campaign helped me in a lot of things: (i) I am in a relationship after my divorce. I am able to discuss about our future openly and it helped me to take the right steps. I understand her needs and help her to understand my needs. (ii) I am a pastor/priest - I use the teaching manual as a point of reference on many occasions and I speak with confidence. (iii) I work in prison- Teach the prisoners and build them. They accord me a high degree of respect since the campaign because what I teach them is sensible. (iv) I am a gazetted government marriage office - I use the lessons learnt from the campaign for pre-marital counselling. As I counsel I realise that many people go through a lot. It gives me courage to face my problems with confidence. to address them. (v) I am now able to save money consistently at FNB, BOFIM, Motshelo and money box.

34. I am glad that I no longer, always say I am tired to my partner. I have learnt to give myself personal care. Now I am a better person. I feel energised and positive in my relationship. I am now open, and I am able to address issues before they become too serious. I am getting married. 2 of my colleagues got married after the campaign. I appreciate the campaign for letting me learn it all.

35. I am a living testimony. The lessons have made me a changed man. I use the lessons to teach many PTA and village development groups. The lessons have given me social responsibility and I do it with confidence

because I have powerful tools, I communicate better. Manage my money with caution.

36. Relationship with God, that God helps us choose the right partner he is a change maker. I gave first priority to other people than my partner. I understand his flaws and he understands mine. We have a backyard garden now we do not buy vegetables we just get from the garden after getting tips from Ashley. Our lives are way better.

37. I planted vegetables. I used to plant many flowers. Family life-integration- I was lost thinking that I was not doing things right. Communication is important. All is well because of HFF.

IMPROVED COMMUNICATION AND CONFLICT RESOLUTION

38. Before the lessons I was a very short-tempered person. I easily got angry and offended, this made me make irrational decisions and jumped into conclusions. Even though I am still short tempered there is a huge difference due to a lot of self-control and also giving myself time to calm down and getting facts first before addressing an issue. I am also able to socialise with other people unlike before. This time around I find better ways of confronting in a way that does not fuel the conflict. The lessons have done their job.

39. We have been married for over 20 years. So there is a tendency of thinking that it's obvious that my husband knows me, but the campaign reminded me to not assume that my husband knows how I am feeling. I have really put more effort on communicating more effectively which helps us with conflict resolution, therefore renewing our union.

40. I learnt that shouting is not communicating. I was always in arguing mode and had a tendency of telling outside people about issues in my family/relationship. Also including our parents in our relationship issues. The campaign helped me communicate better. I learnt to ask for forgiveness when I am wrong, be a happier person who does not accuse her partner wrongly all the time. I became more self-aware. At first I would invest all my time, feelings and resources in a relationship and the more I invested, the more shattered I would become when the partner disappoints. The lessons gave me an idea of what Love looks like, so I know what to expect in a relationship.

41. The campaign helped me with resolving conflict. Before, my partner and I would quarrel over even the smallest things and this happened so much, and I think it was miscommunication. Where I would say something jokingly and he becomes offended, hence quarrelling. Although he did not attend the campaign I made sure that we read the book together and it has really helped us. Now we change to just sit down

and air our views and talk about how we feel without shouting and assuming that we understand what the other person is saying. Also, he used to think there is no need for us to discuss our finances. Our relationship if great because of the campaign.

42. Our relationship improved in the sense that, I learnt to effectively communicate instead of sulking and ignoring my partner, sweeping everything under the carpet, thinking that issues will solve themselves. This created a rift between my partner and I that whenever we tried to have a conversation it ended in a big quarrel where we would use hurtful words. This was mostly a result of bottled emotions. Since I stopped bottling up, I express how I feel, communication has made the relationship much better and enjoyable. Thanks to HFF.

43. I was a very short-tempered person. Every time someone said something unpleasant I would just be sad and sulk even though I will be hurting inside. I just keep quiet and not say anything. The campaign taught me to stand up for myself and be heard. Also helped me prioritise my needs for personal development. Right now, I am paying for driving school lessons with the little money I get from VDC, and I am planning to buy a massage bed for the business. The campaign truly helped me.

44. When I started attending the campaign, I was in the process of getting married. It was weeks before getting married and the workshop became a blessing to me since I was getting free and good counselling. It became an eye opener to me. I got really good tips of how to run my home including communication. That the keeping quiet that I used to do even when I was not okay was not going to solve any problems or make them go away. I am now married and happy to be.

45. I started the campaign as someone who just isolated herself whenever someone hurt or offended me even at home. I would just isolate myself from everyone and lock myself in the house. I would just greet and be on my own the whole time, this was because I was running away from addressing issues, but since the teaching emphasized the need to speak how we feel and avoid bottling up I am willing to speak, and address conflict instead of sulking. I am thankful for how the teachings influenced my change.

46. I am a very short-tempered person. So, when I disagree with someone I would get very angry and lash out. Since the campaign, I take time to cool off and come back to address the issue also knowing that if my partner and I disagree it does not mean she does not respect me. These days I just find time to sit with her and discuss issues that affect both of us and involve each other in our plans since we have intentions to get married.

47. When I attended the campaign I battled with anger. I would just get angry easily. When someone tried to show me my mistakes I would be filled with so much anger, and this made it so hard for me to listen to reason. Hence I couldn't solve conflict, instead there were a lot issues that went by unsolved and created even more issues. Thank you to the HFF teachings I am better and intend to get even better at solving conflict without all the ranting and raving.

48. It helped me appreciate God even more and helped me know how much He Loves me. Also, communication has improved in the sense that I do not bottle all my feelings in, after being shown the importance of effective communication, in every relationship and conflict resolution.

49. I was quiet. Most of the time I did not address issues but from the topic of communication and conflict resolution I have learnt the importance of opening up and talking about how I feel. Now I have more calm conversations without quarrels.

50. I am a widow. When I was taught by HFF I was new in a relationship. I use all the tips that I was taught. My way of communication improved tremendously. My Love/partner now speaks.

51. The Thaba's book brought a lot of light to my life. I now know how to teach people. I never used to teach people. I also teach at church. I teach about conflict resolution; the church has a lot of conflicts. I am used to resolving conflicts. I teach proper communication. Now I change people's lives and have improved mine.

52. I am better at communicating with my people. I express myself better than before saying what is worrying me and facing my reality. Challenge - My daughter is attending school at Limkokwing. She got depressed and lost weight at form 5 and at tertiary. I am hopeful that what I learnt will help me help her.

53. I got better in communication, and I am less angry now. Before the campaign I couldn't control my emotions and got angry fast. Now I can process her emotions and get angry less. And this is all because of HFF and its workshop.

54. I never used to know how to communicate well. Whenever I got hurt, I used to keep quiet about it. Now I know how to confront my issues without being violent. I also know to say I am sorry. I never used to do so, but I was encouraged by the practical teachings to be able to.

55. I am more tolerant when people persecute me for my disability. I use the Word of God to soothe myself. I communicate better, and this has bettered my life with others.

56. Communication has improved tremendously. We do not address issues in front of others. We apologise when at fault. Active listening, which I learnt from the campaign was the forefront of that.

57. I was very impatient. Short tempered. Now since I attended the family building I am patient. I listen to the end, respond carefully and active listen.

58. I am an old man who is a widow. I have less to no conflicts because I have accepted myself and learnt to respect my woman and others. I am a pastor at church and others respect me a lot.

59. I didn't know how to express myself when I was hurting. Now I know how to express myself and discuss issues without raising further conflicts, thanks to HFF.

60. My great testimony is how I now speak calmy and expressing myself, to my colleagues and to my children. I used to be very confrontational. Now I calmy speak to them and use the sandwich method I learnt from the Thabas.

IMPROVED INTRAPERSONAL RELATIONSHIPS

61. Before the campaign I would say, I was someone who really didn't believed in relationships because of past experiences, although I was in a relationship. I was not omitted to it. I was always busy with other things, hanging out with friends and partying. I couldn't care less how she felt, only when I needed something from her. That is when I would be Lovey Dovey but the rest of the days I didn't have time for her. The campaign taught me a lot especially communication being the most important in a relationship and knowing your partner's needs. I am a changed man; I give my woman time, and I help her every time not only when I want something from her.

62. I was very prideful, to a point where I would choose not to tell my boyfriend that I Love him, because I wanted him to say it first. Usually, I would say it only when he gives me money. If my expectations were not met, I would throw a tantrum or keep quiet until I feel I am ready to talk and will respond with bad words. I thought I was perfect but after all those topics I realised that I had to work on myself, how to respond to unmet expectations. And my expectations became clearer of what I really wanted from my relationship. This in turn made my partner Love me more.

63. Peace in the home because husband helps, talk about issues of money. When I am angry I just say anything and make hasty decisions. I tortured my husband, emotionally blackmailing him. E.g. I would tell him that

because he made me angry I am not going to cook for him or do any laundry for him. I would raise my voice at him, mostly because I felt burdened since I am a housewife, and I had to do all house chores. During the campaign I had to start making peace with being myself and talked with my husband who now helps with house chores. I must say, there is so much peace now and we discuss our budget and money issues together. The lessons helped my family a lot.

64. I have been married for 19 years. I realised that I was pointing at my husband, but I was the only problem. I was a poor communicator with anger issues, pointing fingers, be angry without even asking. I used money in a bad way. My husband would give me P5000 for household upkeep, but I would squander all of it without even thinking about mid-month. The finance tips really helped me because not using money wisely led to conflicts in the home. I also realised that I was expecting a lot from my husband without even considering his expectations/feelings. It was always about me. The topic unmet expectations was an eye opener. I apologised to him for the harsh treatment and always thinking that I was the perfect one in the marriage. My children now have a calm mother because in the past they would say I have anger issues because I would lash out at them without even getting my facts straight.

65. The Family Building Campaign became an added advantage to me. I am empowered. The manual helps me to offer counselling to young people preparing for marriage. I use the book for marriage counselling, I am a gazetted government marriage officiant. I also use all the knowledge and skills in my office of Gender and Child Protection on a daily basis. I am a better husband, father, employee and in-law.

66. As a divorcee I had lost hope in marriage, and I had perceptions about marriage since my previous one did not work out. The whole campaign opened my eyes to a different perception because now I started introspecting. I realised the mistakes that I might have made in the marriage, looking for a perfect partner and then when there are unmet expectations it became a disappointment. I realised I had become inconsiderate and not willing to compromise and being a poor communicator because, instead of talking about how I feel I would sulk or be upset or ignore the issue. Thank you to the lessons I have changed and doing better in my relationship and looking forward to getting married again so that I can continue applying the teachings.

67. After the campaigns we took time to celebrate our 30th anniversary. We improved in a lot of things such as communication respect and spending quality time together each day. We are influential when it comes to many families - we take an active role by teaching other couples at church. Whatever we teach them from the book, we ensure that we live it.

68. We have been transformed. The teachings made us revisit our marriage. We started serving the community especially children with their families. My wife does marriage counselling and the paperwork for that. At home I assist her everyday- I wash plates, clothes. There is no work for women alone. We have our quality time; we look at each other and focus. Every day we take time to do that. My mother in-law treats me as one of her sons. If my mother wants something she goes to my wife. I do the same for my mother in-law. Our children are 22,23 and 27. We plan our finances together, we have a family vision, we wrote together where we want to reach, we are disciplined. We put a drum to the harvest.

69. I was denied access to my other child because I was not working at the time. It made me sad. Right now, I am staying in Letlhakane and working as a taxi driver, and I am well involved in my children's life. The campaign helped me to be a better father. I stay with my child. I babysit my kids; I take them to the clinic if there is any need for that even take the younger one for weighing. I drive them to school; buy them clothes and it makes me proud to be a present father for both my children. I used to be a short-tempered person, and the teaching helped me. These days I can exercise some patience.

70. The campaign changed me into a better wife and mother. Every time I came back home I would hear my kids warning each other even my husband, because they knew I was going to complain about something or be angry. I did some things out of ignorance e.g. I would even cook and dish for my husband and not serve him. I took this for granted little did I know it made him disrespected and would freely say things that made him feel disrespected the lessons moulded me; my home has improved even my husband is surprised he asks me all the time what has changed me. Also, we stopped arguing in front of the kids. My change has impacted my family also.

71. In the past/previous relationships I was hurt a lot so this made me flee from relationships. The minute I realised that the relationship is stressing me I quit it. I was not patient, wouldn't even care to listen to reason. During the campaign I learned that it is important to be a good listener that way conflict cane be solved by both sides addressing issues. Now I maintain a good and healthy relationship.

72. The campaign helped me a lot. I have been married by signature only. But the campaign helped me to be truly be married. We do things together; we raise children together. We are able to set boundaries with our in-laws.

73. I have seen an improvement in peace levels in my life. My children are obedient more than before. This has brought my stress level down. We cook and eat together as a family. We never used to do this. Since we

sit on the table together we are able to talk about issues and encourage those who are hurting. After we were taught I took corrugated iron sheet that were in my ward and made a tuckshop. I keep good records.

74. Before attending the campaign I was not a good communicator. I say this because I would just assume that my mother whom I live with knows. I did not involve her in any of my decision making even though I stay with her. I would assume that she knows I have to do that and why. Although she never complained about this, when I attended the sessions I started discussing more and stopped assuming. This has improved our relationship a lot and I am hoping that when I get into a relationship I will continue with this practise.

75. My family is my testimony. I have so much peace because of the open communication we have. My trust has increased and my confidence level. Before the campaign we lived our lives the way we wanted to, spending our money without consulting one another. We even went out disregarding informing each other. Now my communication has improved a lot. I tell my partner everything, even when I leave the office during lunch I let him know. I share my financial situation. I also involve children in conversations. This is all due to the teaching I attended.

76. My testimony is that I have a lot of peace in my relationship, with myself, at work and in the community as I interact with them. It feels like a promotion. There is a lot of dignity and people generally regard me as a worthy person. All appreciation to the campaign.

77. I was very insecure and very jealous that I would accuse him of cheating no matter how much he assured me that he is faithful. At the campaign I learnt that trust is important, and I realised that by accusing him I caused unnecessary conflict in the relationship. I am learning to trust him, also tell him every day how much I Love him, unlike before when I did not care about his feelings. Although I am struggling with sticking to the budget the campaign also helped me to prioritise needs before wants and stop spending money on small things that I do not need.

78. The parenting teachings came at the right time for me. I had just started staying with my husband's niece who is also a teenager. I try to speak/talk to her in a calm manner so that she can hear my words not just the noise, and I address issues as they happen instead of bottling up. Before the campaign my husband and I had bedroom issues, but after learning "his needs, her needs" I shared with and at this point we are implementing the teachings. We communicate to each other about that so that we can keep the fire burning between us.

79. Personally, from experience there were people we looked up to and we saw their marriages crumbling and everything changing and this made

marriage look like a gamble. The campaign became an eye opener with all those topics. They made me aware that not all marriages are bad and that it is up to married individuals to both make it work. I no longer have fears about marriage.

80. Before I used to use mocking words at my children even students, but now I have really improved. I don't do the name calling anymore. Finances: even though I have a burden of taking care of a sister who is very sick I thank God because I am not in any debt. I have to live within my means.

81. The campaign really helped me in dealing with children. Even though I don't have children myself I am surrounded by my siblings' children, nephews and nieces. So, I am able to easily interact with them, treat them with respect, listen to them and have developed friendship with them. It's not about shouting at them when they are wrong but correcting them in a way that will make them understand why they don't have to do that. The campaign helped me to manage my expectations, that I should have a reasonable and realistic expectations, and I am having reasonable expectations that way I won't live a life of disappointment. I have been a person that bottled up a lot of emotions. I could not rant to anyone sometimes with fear of being judged. The lessons helped me to know that it is necessary to open up to other people, also to God who Loves us more than anything, and to live a hopeful and peaceful life.

82. Our Love relationship has improved such that our children notice it. They always praise us for special time together. I used to spend more time away from home. Now I spend quality with my wife. The people also notice the difference and they praise us. God bless HFF for the help.

83. I had said to myself that I do not need a man. If a man disappoints me I leave and go and find another partner. Also issues of abstinence and waiting on the Lord for a good partner. These teachings were an eye opener and helped me become more self-aware and patient. Dating for a purpose / preparing for marriage, I introspected.

84. I used to be very forgetful that I would forget important things and writing them down really helped me. I was once in a toxic relationship, but the campaign helped me get over it by making me self-aware. I had to leave all that for good and focus on myself. The partner I have now is so Loving and caring. Because of the lessons I know what is good for me, what to tolerate and what not to tolerate. Even communicating I was very short tempered. Although I still am it is much better than at first because communication is key not just talking but understanding each other.

85. When we attended the campaign, we took time to sit down and reflect. We discuss at length about ourselves our needs and husband and wife,

and how we are going to be intentional about us. I was short tempered now I am not. My spirituality has improved a lot. I even got ordained as a pastor. Peace level has increased a lot.

86. I have been trying to find purpose in life, so the campaign helped me to be more self-aware. I also learnt that active listening is very good. I practice that with my children, and our relationship has gotten better. However my marriage is giving me stress, I don't communicate with my husband on anything. We are married but he lives his own life, we don't discuss even our finances, I cannot express how I feel because he does not care.

87. I focus on my children; I gave them attention and always find time to spend with them and also talk to them about family issues they need to know. I balance between them and my husband. This balance was due to the campaign's help.

88. There is unity in my area because of the lessons from Healthy Families Foundation. We used to be disjointed. Now we are united- we have opened up and use practical tips we acquired from the lessons.

89. I Love people because I believe that Loving people makes them open up to me. I learnt to keep people's issues that they confide in me about. I was short tempered; I started introspecting and now I stopped sulking.

90. He was not doing work at home, thought his girlfriend should do everything. Now he does his own laundry, cooks. Helps out when he can.

91. I had anger issues. I now know what are needs. His needs, her needs taught me a lot.

IMPROVED FINANCIAL MANAGEMENT

92. I never knew to budget and the finance topic has helped me improve on that. I am not yet perfect, but I am getting there. Budgeting is really saving me some money since now I am also unemployed. Cooking food in bulk to save on electricity and time like Ashley suggested. Since I started cooking food in bulk I don't use much electricity.

93. I was heavily charged during lobola negotiation when I wanted to marry my wife. So, this made me very angry that I wanted nothing to do with them. Since the campaign I have been able to forgive that and move on and we are now on good terms. The financial tips also helped, now we manage our finances better, and using money wisely. Above everything we discuss and plan our spendings and income stream together with my wife and as a family.

94. The Family Building campaign taught me a lot of life changing techniques. I never used to be very careful about money and how I used it. Since the campaign, I keep every receipt of whatever I buy. At the end of the month, I calculate to check the total sum. I am very careful about every single thebe I have. I have also joined some money accumulation groups in the village. We contribute money every month. At the end of the year, we get the money the and I am able to put the money to a building project. There is also a cement contribution project. We each contribute cement to one person. When it's my turn, I get many bags of cement at the same time. this has helped me a lot. My spirituality has increased a lot. I depend on God and read the Word of God every day. Since I am a retiree, I spend more time feeding myself from the Word of God. My greatest challenge has been my in-laws who are refusing with my children's benefits after the passing away of my husband. The Word of God gives me strength to forgive and focus.

95. The lessons are like the Holy Bible. We use it every week. I have planted at the field, - maize, watermelon, beans, pumpkins, sweet reed, millet. All is blooming. I was encouraged by the Thaba family. I bought a goods container for shipping, placed it at the mall for an office. I keep every receipt when buying anything. Realised that we spent too much money on electricity. We bought solar panels to reduce cost on electricity.

96. The campaign improved the way my family has been living especially on finances. My husband would give out money without consulting me, and this created a rift between us. During the campaign we discussed it and now it has become a lot better because he stopped doing that. We have implemented money management tips i.e. buying groceries in bulk, comparing prices before buying, sticking to the budget. Also, like Ashley suggested, we harvest vegetables cut them and freeze them, so we don't have to buy. I also don't throw away leftovers, I freeze them and eat them. This saves me money and time. I also learnt to forgive and forget, helping me to live well with my husband's siblings.

97. I am a changed man. I used to walk away and do whatever I planned to do without telling my wife and my children. Now I let them know my to do list. I used to keep whatever came my way as a blessing and keep to myself. As a pastor, people used to give me offerings of money and not tell my wife saying that I will use the money as the head of the household when the need arises. I have stopped. It was making my wife uncomfortable and worried. She used to wonder where I get the money and what the initial amount was and to wonder if I gave the other money to other people unknown to her. Now I disclose everything. I was able to counsel an employee of BMC (where I had my group) and she is now married. I used the tips from the book. My wife is doing a Master's Degree at University of Botswana (in counselling)- she read through the book and she uses the tips from the book to counsel.

98. Ashley really inspired me to do background gardening I made a garden and planted vegetables, and this has been saving me lots of money. I discussed with my partner about our financial situation so that I can help her open and run a mobile kitchen. We are in the process acquiring a vendor's license to start a food business to help us financially since my partner is not working. I used to buy new clothes every pay day, but I stopped that. The book helped me, and I shared it with my partner.

99. The teachings really helped me: 1. I was a very lazy person. I couldn't find ways to make money but after Ashley encouraged us now I have a small business. I sell stuff in the street. I was also an impulsive buyer. I would go to a shop and buy a dress I did not budget for. Now I try to budget and buy only things that I need. 2. There was no intimacy between my partner and me. I was afraid of him. I saw the way Percy and Ashley relate and were at ease and open with each other. It motivated us to develop a friendship and create an open space for each other and now we are best of friends. He updates me and I like that.

100. I have a small business. I used to have a problem with saving my daily proceeds, making a budget and sticking to it. Now the FBC has helped me to make provision for saving daily and I am able to stick to the budget. The campaign also helped boost my confidence, since I can now express myself freely and that way I have become the counsellor in my ward. People come to me with issues and I help solve them. Another thing is that I can now communicate better with my kids, I don't have to be angry and abusing them with words anymore. I just talk to them calmly and treat them with respect.

101. My life has changed. My Lover even gives me all his money. I made a full garden. Used loss and net shading. I have vegetables and potted plants. I used a spoiled onion, planted it and it is always growing. I have vegetables even for beans. I thank HFF for the money saving tips.

102. I used to use money carelessly. I would just buy anything that I wanted to buy whenever I had money. Now I am cautious about every single Pula I have. I keep receipts. I do not just buy anything. The campaign saved me money.

IMPROVED RELATIONSHIP WITH GOD

103. The Family Building Campaign imparted a lot of the Holy Spirit in me. I am saying this because all the things that we were taught are good. I stopped doing things in the wrong old ways. Whenever I try to do something that is improper, I remember what Mma Thaba said, then I instantly stop. For me I believe it is the Holy Spirit saying STOP! - e.g. When I want to cheat on my wife, I quickly stop. When I want to lie, I stop. Thank you HFF.

104. The campaign really helped boost my relationship with God. There had been things that I was doing that I thought was okay but after the lessons I started introspecting and changed my ways. I used to be very impatient and short tempered that I would respond angrily with harsh words. I started excusing myself from situations whenever I felt angry so that I can cool off and then be able to resolve conflict amicably.

105. Being unemployed was messing me up. I was drowning in depression, because of unemployment. When I started attending the campaign, the teaching of spirituality really motivated and encouraged me to surrender everything to God. I was encouraged so much that I decided to find something to do with my time rather than wallowing in self-pity. Currently I have applied for the youth programs for funding. I became more self-aware, even though I am still struggling to leave my current boyfriend. I know that this relationship is a waste of my time, and I am really working towards leaving it and focus on God and developing myself into something better.

106. I was spiritually down. When the Healthy Families Foundation taught us, I got spiritually uplifted. I am happy as a single person. I am single and gifted.

107. I did not plan to attend the campaign. Both my son and my husband are very sick. I ended up attending. The lessons gave me strength to nurse my bedridden members.

5. TOP AREAS OF IMPACT

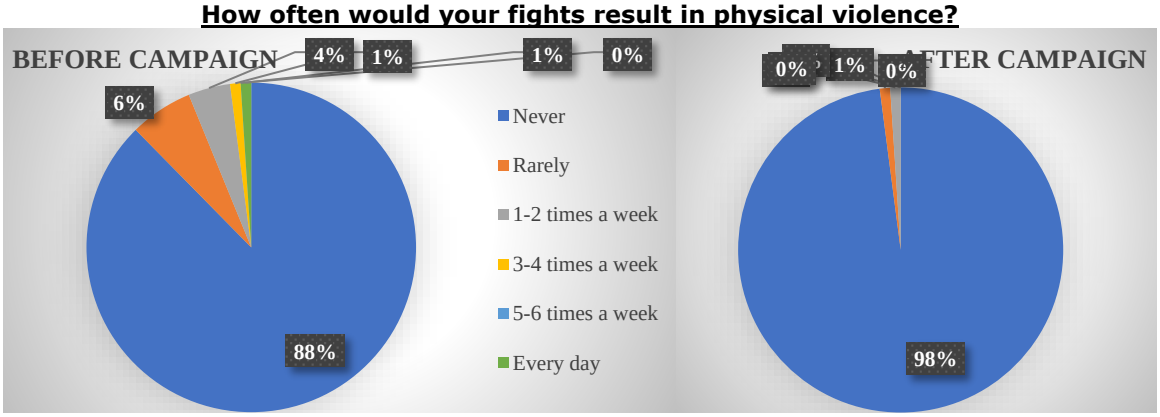
As a measure of follow up, data analyst contacted the leaders from the Maun campaign and asked them a series of questions. The following graphs illustrate the answers received. On the first day of the campaign in Maun, surveys were given to 200 participants. Data analysts were given each of those 200 and additional names to call. The goal was to get feedback from 168 people, which would be a 5% sample size of the 3,753 participants.

Upon calling the original 200 who did the initial survey, only 97 were available to conduct the full follow up survey. Their answers are answered below since it was a true before and again after 6 months finding out what has changed in terms of their behaviour. When it comes to the questions asking about relationships, respondents without partners and/or children were omitted if the question was asking directly about that topic and the person had to answer not applicable to me.

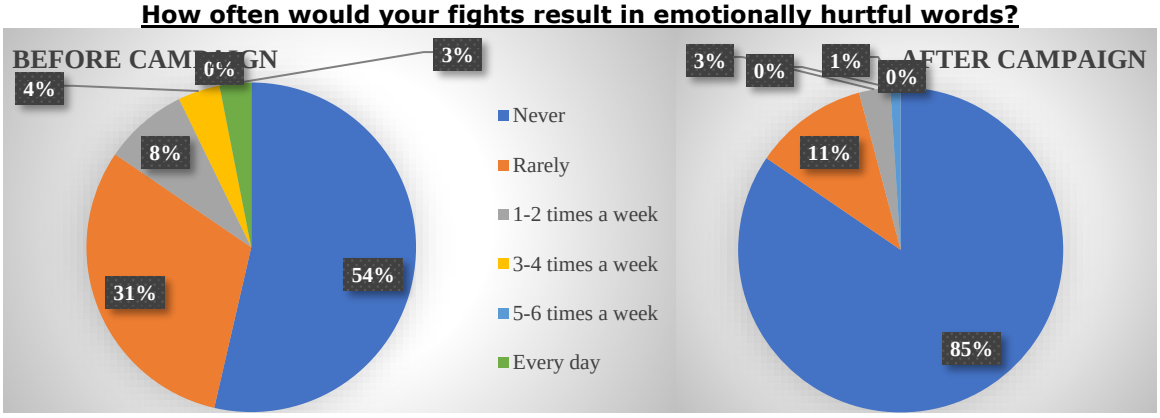
One interesting thing to note is that it was more effective the data analysts reported to get the qualitative data than the quantitative, meaning people seemed to find it harder to place a number value on their lives. However, when asked to verbally express what they learned, the testimonies were rich and plentiful, sharing about hundreds of lives which have positively changed as a result of the training. That is important to note as the team concluded that qualitative data is a better indicator to behavioural change than quantitative data.

How often do you drink alcohol or take other substances?

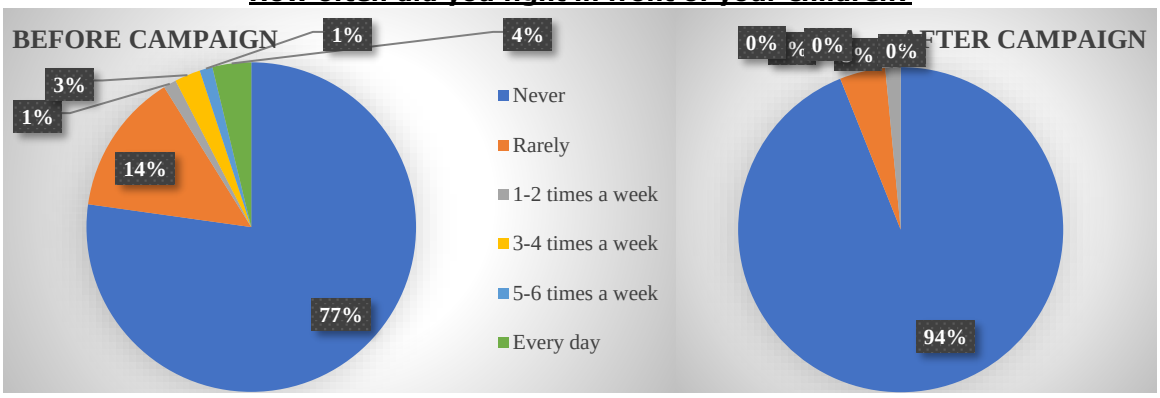
How often would your fights result in physical violence?



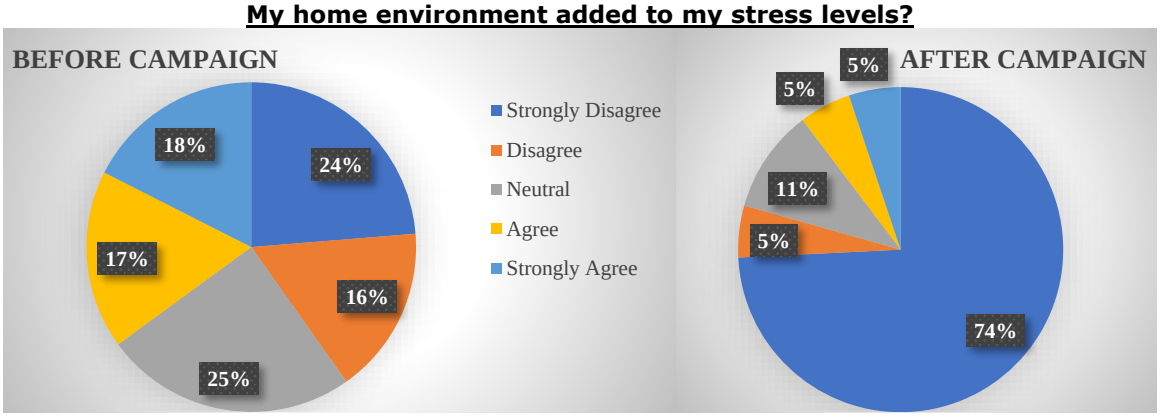
How often would your fights result in emotionally hurtful words?



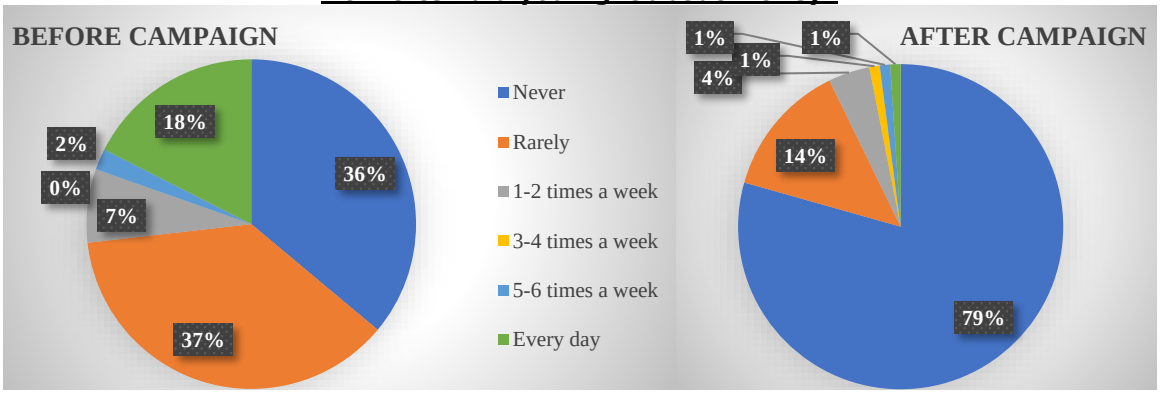
How often did you fight in front of your children?



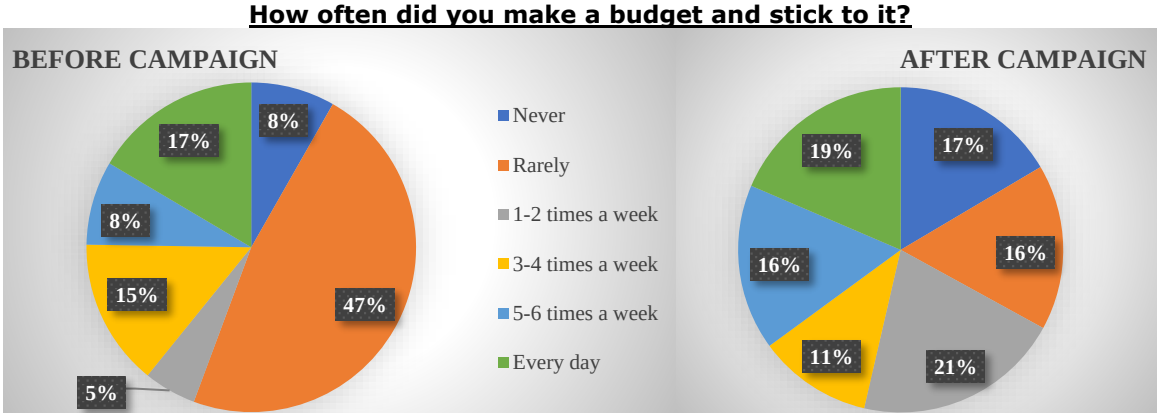
My home environment added to my stress levels?



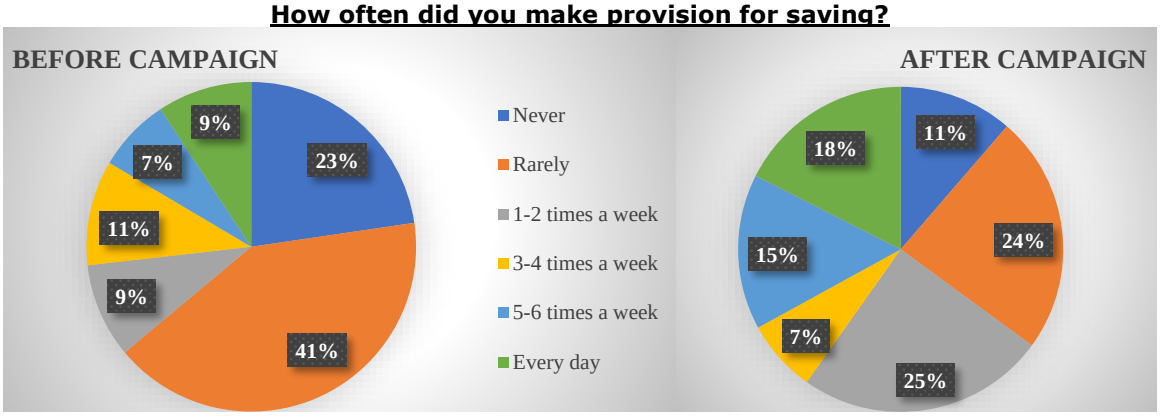
How often did you fight about money?



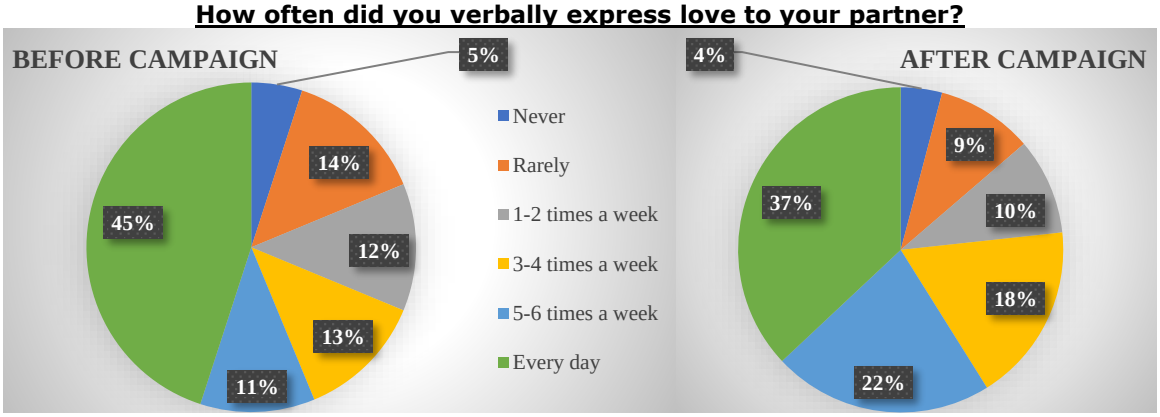
How often did you make a budget and stick to it?



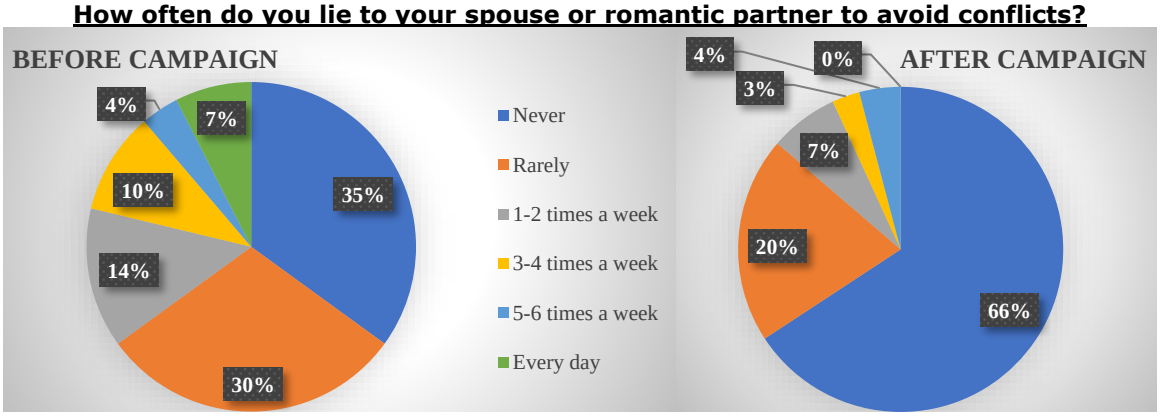
How often did you make provision for saving?



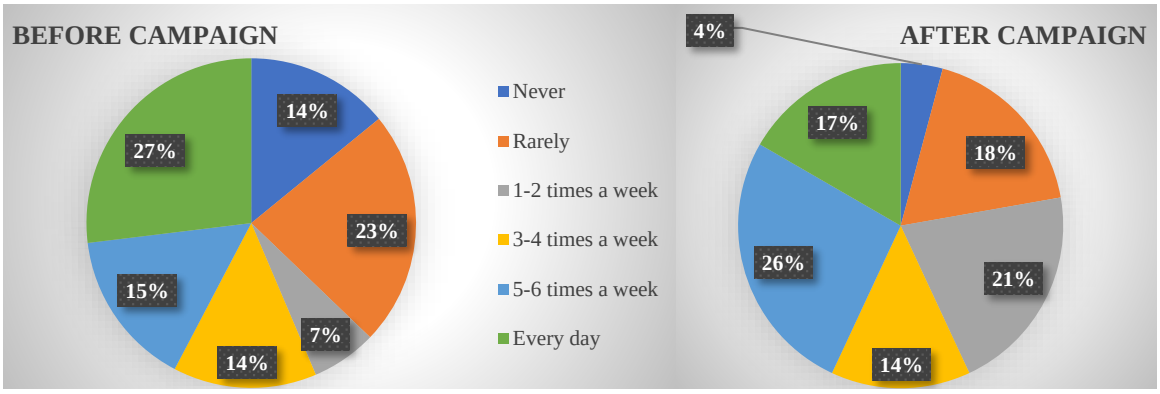
How often did you verbally express love to your partner?



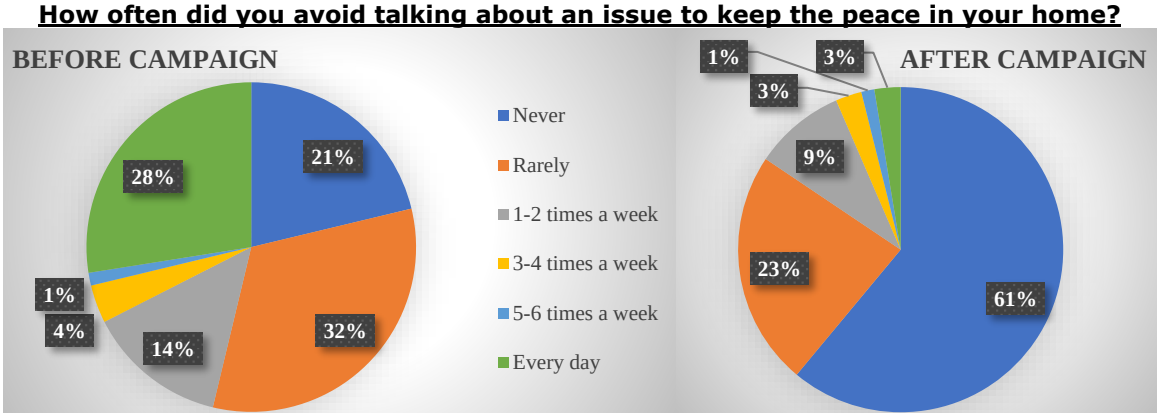
How often do you lie to your spouse or romantic partner to avoid conflicts?



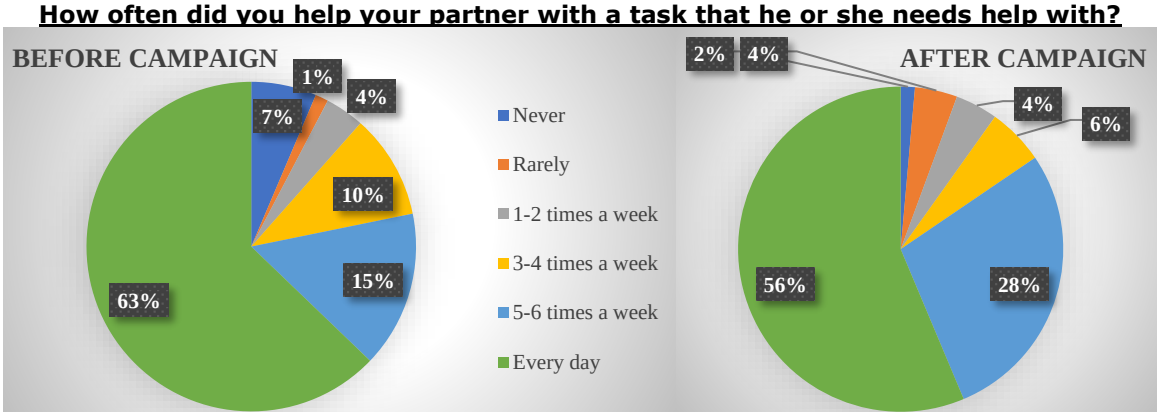
How often does your partner, apologize to you and/or ask for forgiveness for hurting you?



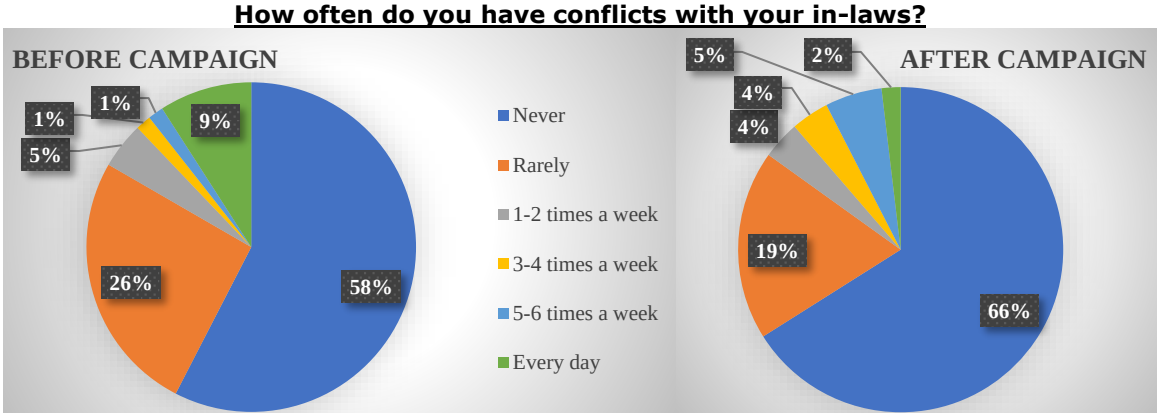
How often did you avoid talking about an issue to keep the peace in your home?



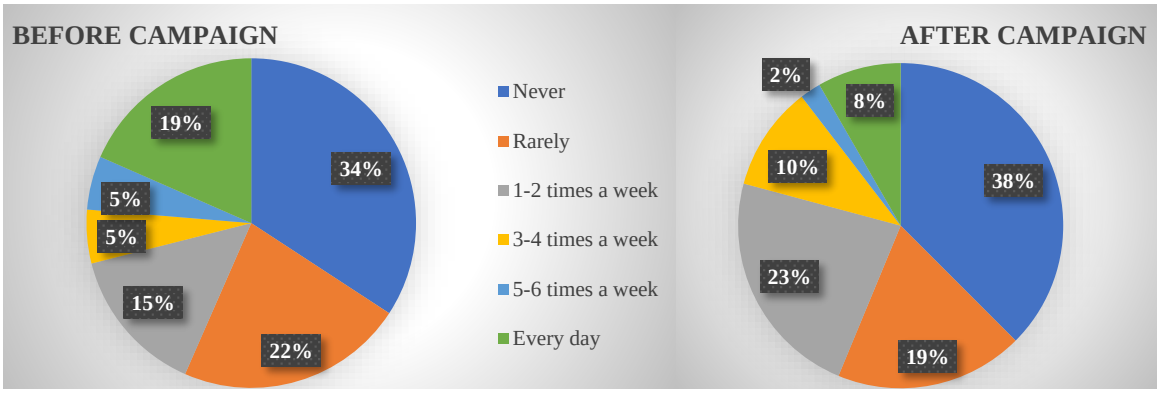
How often did you help your partner with a task that he or she needs help with?



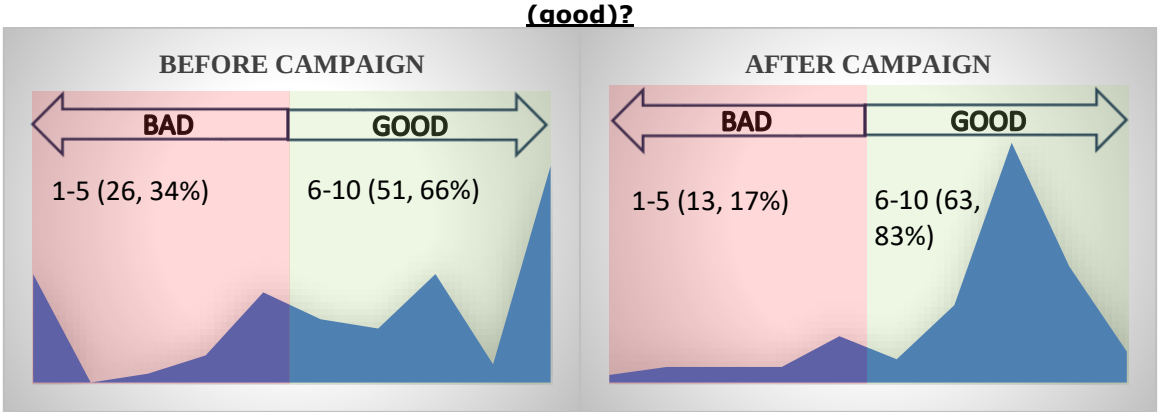
How often do you have conflicts with your in-laws?



How often do you and you partner openly talk about the need to reduce any emotional and/or physical abuse in your relationship?

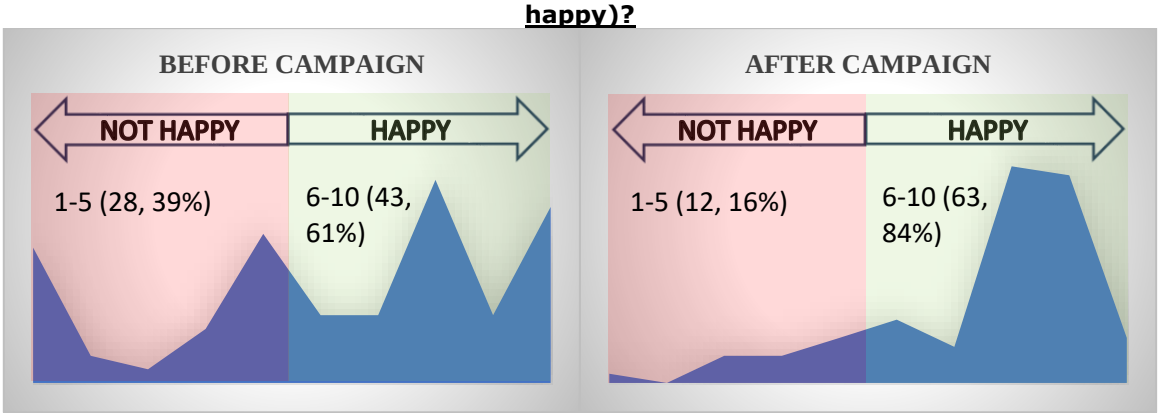


How would you rate your communication with your partner on a scale of 1(bad)-10 (good)?

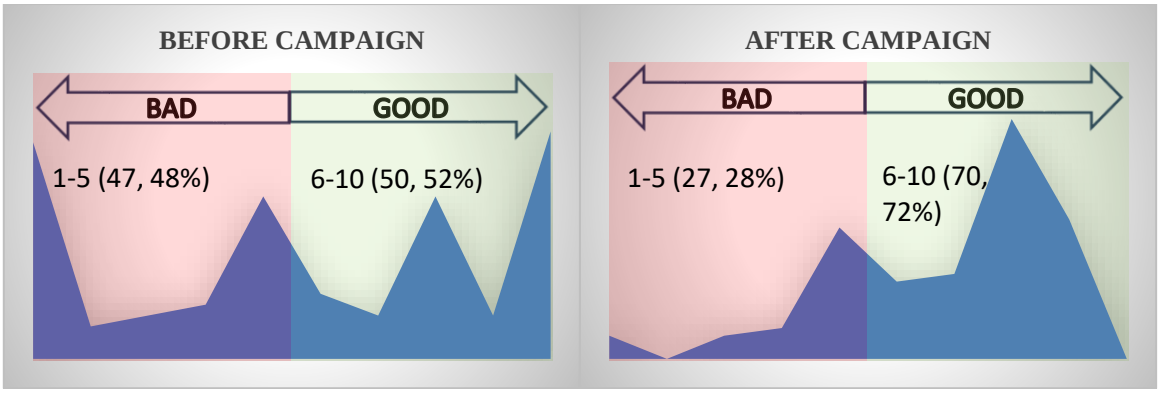


How would you rate your communication with your children on a scale of 1(bad)-10(good)?

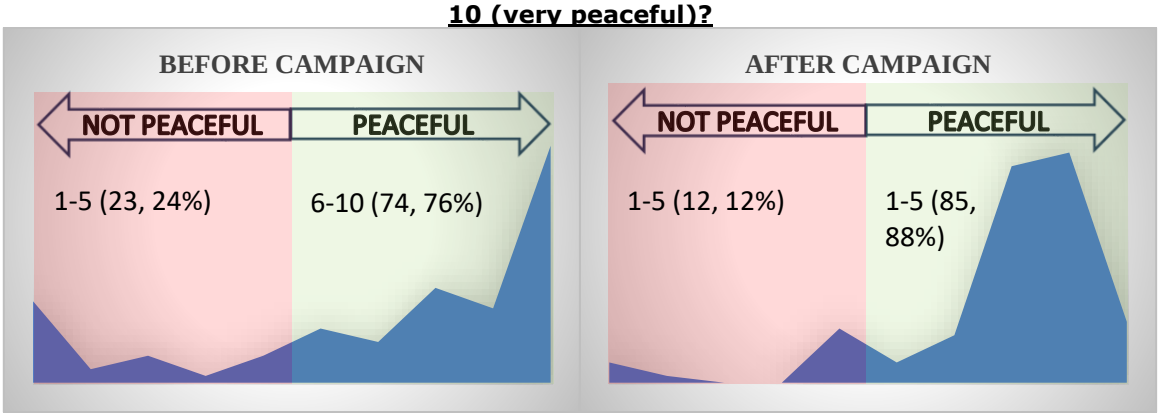
How happy are you in your romantic relationship 1 (Not happy at all)-10 (Extremely happy)?



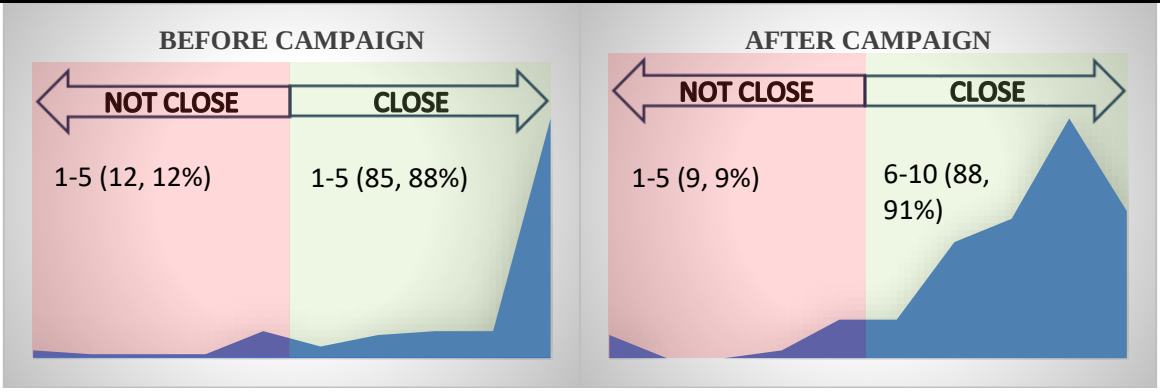
On a scale of 1(bad)-10(good), how would you rate your spending habits?



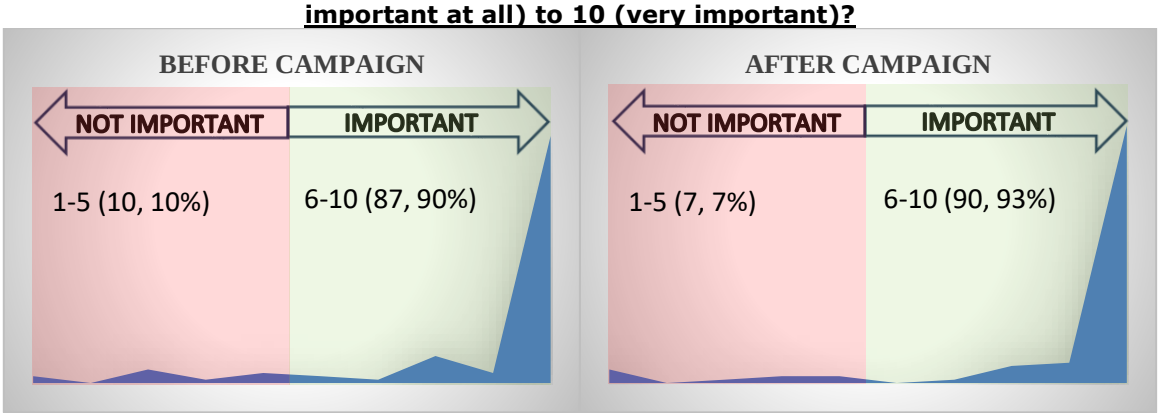
How did you rate the level of peace in your home, on a scale of 1 (not peaceful at all) to 10 (very peaceful)?



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



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)?



6. HOW OFTEN GROUPS MET 6 MONTHS AFTER THE CAMPAIGN

The following below shows that 31 groups and 5 sets of people have met at least once after the campaign; 3 groups met everyday, 1 group met five times a week, 11 groups met once a week, 2 groups met once a month, 14 groups stopped meeting after a few to several times, and 5 sets of people met up.

- Have met everyday ~ 3 Groups
- Have met five times a week ~ 1 Group
- Have met once a week ~ 11 Groups
- Have met once a month ~ 2 Groups
- Have met several times ~ 7 Groups
- Have met a few times ~ 7 Groups
- Met individually – 5 sets of people

7. PEOPLE FORMALLY ADDED SINCE CAMPAIGN

Since the campaign ended, a total of 227 people were formally added to their groups. Below are the details.

One group added 4 people

Another group added more than 10 people

Another group added 30 people

Another group added 15 people

Another group added 8 people

Another group added at least 15 people

Another group added 5 people

Another group added about 30 people

Another group added 3 people

Another group added about 30 people

Another group added at least 20 people

Another group added 13 people

Another group added 27 people

Another group added at least 5 people

Another group added at least 10 people

Another group added 2 people

*__Others have continued to teach but have not been contacted as this was a small sample. Additionally, not everyone calls HFF head office to report when they train others with what they learned. We are only including those people who have officially been given to us with names by campaign participants.__