TEMNDENI

NEWSLETTER

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THE FAMILY LIFE ASSOCIATION OF ESWATINI (FLAS)

"An empowered generation that freely accesses full SRHR Information and services as a basic human need"

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Commemoration of The Day of The African Child 2026



FLAS youth engaging young people during the commemoration of the Day of the African Child in Mbabane.

Celebrated annually to honour the rights and wellbeing of children across the continent, the Day of the African Child was commemorated in Mbabane, where FLAS youth joined other young people and stakeholders in advocating for a future where every child is safe, protected, and empowered.

The event brought together young people and key stakeholders to reflect on the importance of protecting and promoting children's rights and to encourage meaningful participation in issues that affect their lives. It provided a vibrant platform for learning, engagement, and advocacy, inspiring young people to become active contributors to building safer and more inclusive communities.

As part of the celebrations, FLAS youth helped raise awareness on Gender-Based Violence (GBV), emphasising the importance of preventing violence and promoting respect-and creating environments where children and young people can live free from abuse and discrimination. Through educational discussions and awareness activities, participants were encouraged to speak out against GBV, support survivors, and become champions for positive social change.



MTN Eswatini 21 Days of Y'ello Care 2026



Hon. Mduduzi Matsebula, Minister of Health, visits the FLAS stand during the launch of the MTN Eswatini 21 Days of Y'ello Care Campaign at Hosea Inkhundla, where he engaged with the team on the organisation's efforts to improve access to quality health services.

The Family Life Association of Eswatini (FLAS) proudly participated in the launch of the MTN Eswatini 21 Days of Y'ello Care Campaign at Hosea Inkhundla, reaffirming its commitment to bringing essential health services closer to communities. The launch provided an important platform for community members to access a wide range of health information and services aimed at improving their overall well-being.

During the event, the FLAS team delivered comprehensive HIV prevention services, family planning information and services, Human Papillomavirus (HPV) vaccination, and other Sexual and Reproductive Health and Rights (SRHR) information. These services were designed to empower individuals with accurate health knowledge while increasing access to quality, client-centred healthcare.





FLAS team interacting with community members during the launch of the MTN Eswatini 21 Days of Y'ello Care Campaign at Hosea Inkhundla, raising awareness about available SRHR services and HIV prevention options.

The FLAS was honoured to join MTN Eswatini and other key partners in supporting this year's campaign theme, "Expanding Equitable Health for Every Community." The initiative reflects a shared commitment to ensuring that equitable, quality healthcare services reach underserved and vulnerable populations, leaving no one behind.

FLAS Through strategic partnerships and community outreach initiatives such as the 21 Days of Y'ello Care Campaign, FLAS continues to strengthen efforts to improve health outcomes, promote disease prevention, and empower individuals to make informed decisions about their health.



Community members and stakeholders pose with the FLAS Instagram frame during the launch of the MTN Eswatini 21 Days of Y'ello Care Campaign at Hosea Inkhundla, helping amplify awareness of available HIV prevention options.



A diverse range of partners, stakeholders, and community members who attended the launch of the MTN Eswatini 21 Days of Y'ello Care Campaign 2026, demonstrating a shared commitment to improving health, well-being, and community development through collaborative action.

Training of PrEP Ambassadors and Champions to Expand HIV Prevention Efforts In Communities



FLAS Executive Director, Mr. Patrick Mduduzi Dlamini, delivering his opening remarks during the commencement of the training for a new cohort of PrEP Ambassadors & champions.

The Family Life Association of Eswatini (FLAS) successfully trained a new cohort of PrEP Ambassadors and PrEP Champions from 17–18 June 2026, reinforcing its commitment to expanding access to HIV prevention and Sexual and Reproductive Health and Rights (SRHR) services at the community level.

The two-day training equipped participants with the knowledge and skills needed to serve as community advocates for HIV prevention. The newly trained ambassadors and champions will play a vital role in promoting HIV prevention methods, providing accurate SRHR information, mobilizing communities, creating demand for services, and linking clients to FLAS Mobile Clinic services for comprehensive healthcare.

The PrEP Ambassadors and Champions will be deployed across six Tinkhundla: Gilgal, Siphofaneni, Siphocosini, Ngwempisi, Phondo, and Mpolonjeni, where they will work closely with communities to increase awareness of available HIV prevention options and encourage the uptake of essential health services, particularly among populations at increased risk of HIV infection.



The FLAS M&E Officer Ntsikie Simelane facilitating a session on monitoring, reporting, and the role of quality data in measuring programme impact.

By empowering community members to become champions of health, FLAS is strengthening community ownership of HIV prevention efforts and improving access to life-saving information and services. The initiative is expected to enhance early access to prevention options, reduce barriers to care, and ensure that -more people can make informed choices about their sexual and reproductive health. Through initiatives such as these, FLAS continues to advance its mission of delivering people-centred, community-based healthcare and ensuring that everyone has access to comprehensive HIV prevention and SRHR services.



Mr. Siyabonga Tsabedze, FLAS Adherence Officer, and Ms. Hloniphile Lokotfwako, Programmes Coordinator, address participants during the opening session, inspiring the new cohort of PrEP Ambassadors as they begin their training journey.





Senior Nursing Officer, Ms. Lindiwe Kunene, and Laboratory Technician, Mr. Takitsi Mamba, facilitate interactive clinical sessions during the PrEP Ambassadors & champions training, strengthening participants' understanding of HIV prevention methods, testing, and client care.

SANU Wellness Day



FLAS Team Ms Snenhlanhla Mavuso and Ms Mandisa Mabuza educating students on the PrEP Ring and other HIV prevention options, promoting awareness, informed decision-making, and access to HIV prevention services.

With support from the Population Council, the Family Life Association of Eswatini (FLAS) participated in the Southern Africa Nazarene University (SANU) Wellness Day, creating an opportunity to engage young people on critical Sexual and Reproductive Health and Rights (SRHR) issues and to provide essential health services in a youth-friendly environment.

The event served as an important platform for meaningful discussions on the sexual and reproductive health challenges facing young people today. Through interactive health education sessions, FLAS empowered students with accurate information and practical knowledge to help them make informed, responsible decisions about their health, wellbeing, and future.

To complement these educational sessions, the FLAS Mobile Clinic delivered a range of onsite health services, improving access to quality healthcare for students.

ervices provided included HIV prevention, STI screening and treatment, HPV vaccination, contraceptive services, and other essential sexual and reproductive health services.



FLAS Communications Officer Mr Veli Gamedze leads an information session during the SANU Wellness Day, orienting students on the health services available and encouraging them to take advantage of the free services offered throughout the event.

By bringing healthcare directly to where young people learn and interact, FLAS continues to remove barriers to accessing vital health information and services. Such initiatives contribute to healthier communities by encouraging early health-seeking behaviour, promoting disease prevention, and ensuring that young people have the resources they need to protect their health.

FLAS appreciates the continued support of the Population Council in advancing youth health initiatives and remains committed to working with partners to expand access to comprehensive, youth-friendly sexual and reproductive health services across Eswatini.





Students actively engaged with the FLAS team throughout the SANU Wellness Day, seeking information, asking questions, and accessing a range of health services in a welcoming and youth-friendly environment.



students accessing a range of sexual and reproductive health services at the FLAS mobile clinic during the SANU Wellness Day, demonstrating the importance of bringing youth-friendly healthcare closer to where young people learn and live.

SRHR and HIV Prevention Training for Persons with Disabilities



FLAS Senior Nursing Officer, Ms. Lindiwe Kunene, delivering a presentation during the two-day SRHR and HIV Prevention training for Persons with Disabilities, strengthening participants' knowledge of sexual and reproductive health and HIV prevention.

The The Family Life Association of Eswatini (FLAS), with support from UNFPA Eswatini, continues to advance its commitment to ensuring that no one is left behind in accessing essential health information and services. As part of this commitment, FLAS successfully conducted a two-day Sexual and Reproductive Health and Rights (SRHR) and HIV Prevention training for Persons with Disabilities from 22–23 June 2026.

The training brought together participants in an inclusive and interactive learning environment designed to strengthen knowledge, promote meaningful dialogue, and empower persons with disabilities to make informed decisions about their health and well-being.

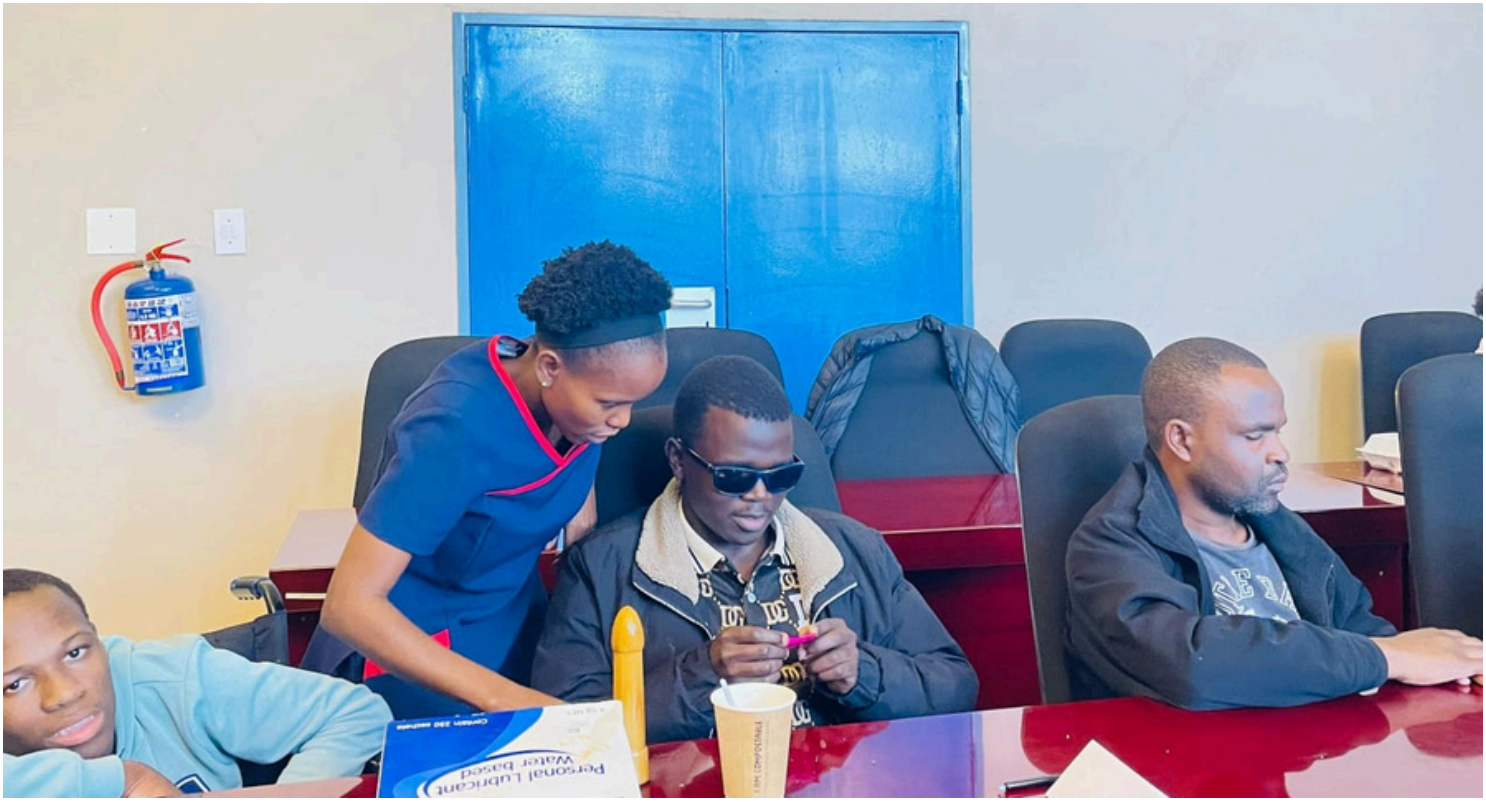
participants explored a range of topics, including HIV prevention methods, sexual and reproductive health and rights,-,healthy relationships, gender-based violence, and the health services available to support them.



FLAS Nurse, Ms. Celiwe Dlamini, facilitates an interactive session during the SRHR and HIV Prevention training, promoting informed decision-making and awareness of available health services.

Recognising that persons with disabilities often face barriers in accessing accurate health information and quality healthcare services, the training also encouraged participants to become advocates within their communities by sharing knowledge and promoting positive health-seeking behaviours.

This initiative reflects FLAS' ongoing commitment to advancing health equity, promoting inclusion, and ensuring that everyone, regardless of ability, has access to life-saving information and quality sexual and reproductive healthcare services. By investing in inclusive community education, FLAS continues to create opportunities for all people to live healthy, informed, and empowered lives.



FLAS Nurse, Ms Bonsile Tsabedze, conducting a condom demonstration during the training, providing participants with hands-on knowledge and confidence to use condoms correctly and consistently for effective HIV prevention.

Staff Capacity Building to Deliver Inclusive SRHR and HIV Prevention Services



Ms Lomcebo Dlamini, Facilitator from FODSWA, guiding FLAS staff through a practical group exercise during the capacity building session.

The Family Life Association of Eswatini (FLAS), in partnership with the Federation of Organisations of the Disabled in Swaziland (FODSWA) and with support from UNFPA Eswatini, conducted a staff capacity-building session aimed at strengthening the delivery of inclusive Sexual and Reproductive Health and Rights (SRHR) and HIV prevention services for persons with disabilities.

The training brought together FLAS staff to enhance their knowledge and practical skills in providing disability-inclusive healthcare. Participants gained a deeper understanding of the diverse needs and experiences of persons with disabilities, while exploring strategies to improve communication, uphold dignity and respect, and eliminate barriers that may prevent equitable access to health service

The session also emphasized the importance of creating welcoming and accessible healthcare environments where every client is treated with respect and can access comprehensive SRHR and HIV prevention services without discrimination. By strengthening staff capacity, FLAS is better positioned to provide quality, client-centred care that responds to the needs of all communities.



Ms Nontobeko Makhubu, FODSWA Project Coordinator, delivering a presentation during the session.

Commemoration of Menstrual Hygiene Management Day 2026 at Lomahasha Inkhundla



Partners display dignity packages for distribution to young people during the Commemoration of the Menstrual Hygiene Management held at Lomahasha Inkhundla under the theme, "Together for a Period-Friendly World,"

The Family Life Association of Eswatini (FLAS) proudly joined partners at the Menstrual Hygiene Management Commemoration held at Lomahasha Inkhundla, under the theme "Together for a Period-Friendly World." The event provided an important platform to raise awareness about menstrual health, promote open dialogue, and advocate for improved access to menstrual health information and services.



Ms Snenhlanhla Mavuso, FLAS Youth Intern, engages with partners during the Menstrual Hygiene Management Commemoration.

By creating a world where menstruation is understood, accepted, and managed with dignity requires collective action and sustained advocacy. By bringing together communities, partners, and stakeholders, menstrual health initiatives help break harmful myths and ensure that girls and women can participate fully in education, work, and community life without barriers.

Throughout the commemoration, participants engaged in discussions highlighting the importance of ending menstrual stigma, promoting menstrual dignity, and creating supportive environments where girls and women can manage their periods safely and confidently. The event also emphasized the need for accurate menstrual health education and equitable access to menstrual health resources as essential components of overall sexual and reproductive health and rights.

Mtfongwaneni HIV Prevention Sensitization



Adolescent girls and young women actively participating in a health education session led by FLAS Nurse, Mr. Sihle Dlamini, during the Mtfongwaneni HIV Prevention Sensitisation in Shayamoya, Gundvwini, organised by World Vision Eswatini.

The Family Life Association of Eswatini (FLAS) was pleased to join fellow stakeholders at the Mtfongwaneni HIV Prevention Sensitisation, held in Shayamoya, Gundvwini, and organised by World Vision Eswatini. The event brought together community members and partners to strengthen HIV prevention efforts through education, dialogue, and community engagement.

Community partnerships continue to play a vital role in the fight against HIV by creating platforms for awareness, education, and collective action. Such collaborations bring together stakeholders to equip communities with the knowledge and services needed to make informed health decisions and reduce the spread of HIV.

Through an interactive information desk and comprehensive health education session, FLAS provided community members with accurate information on HIV prevention, Sexual and Reproductive Health and Rights (SRHR), and the importance of accessing available health services. Participants had the opportunity to engage with health educators, ask questions, and receive guidance on making informed choices for their health and wellbeing.

Adding a creative and engaging dimension to the event, FLAS youth representatives delivered a powerful drama performance that captured the audience's attention and reinforced key HIV prevention messages. The performance encouraged open conversations, challenged misconceptions, and highlighted the importance of knowing one's status, adopting preventive measures, and supporting one another in building healthier communities.

Peer Educators Training On GBV



FLAS Peer Educators, together with partners implementing the Hlonipheka Project, pose for a group photo after successfully completing the training on creating demand for Safe Spaces for Gender-Based Violence (GBV) survivors.

The Family Life Association of Eswatini (FLAS), with support from UNFPA Eswatini, successfully conducted a peer education training for FLAS Peer Educators and Peer Educators from the Municipal Council of Manzini in the Manzini Region. The training focused on equipping participants with knowledge and skills to create demand for FLAS Safe Spaces for Gender-Based Violence (GBV) survivors within their communities.

The training forms part of ongoing efforts to strengthen community-based responses to gender-based violence by empowering peer educators to raise awareness, identify survivors in need of support, and link them to appropriate services. As trusted members of their communities, peer educators play a vital role in encouraging open conversations about GBV, challenging stigma, and promoting help-seeking behaviour. A key focus of the training was increasing awareness of FLAS Safe Spaces, which -provide a confidential, supportive, and non-judgmental environment where survivors of gender-based violence can speak out about their experiences, receive psychosocial counselling, access information on available services, and be referred to additional support when needed. The Safe Spaces are designed to ensure that survivors are not left to suffer in silence but are empowered to seek the care and protection they deserve.

Participants were also equipped with effective communication and community engagement techniques to help them reach vulnerable populations and promote the importance of reporting violence. Through community outreach and peer-to-peer engagement, the trained educators will encourage survivors to know that they are not alone and that support is available. MOH & SWAAGA provide technical support during the training shared their expertise on GBV prevention and response, survivor-centred approaches, referral pathways.

HEALTH TALKS FRIDAY



Mr. Sifiso Shabangu of the Sifiso Mental Health Foundation engaged young people in an interactive Health Talk Friday session on mental health, promoting awareness, resilience, and the importance of seeking support.

The Family Life Association of Eswatini (FLAS) continues to create safe and supportive spaces for young people through its Health Talk Fridays held at the Mbabane and Manzini Youth Centres. The weekly sessions provide adolescents and young people with an opportunity to openly discuss health-related issues, ask questions, and receive -

-accurate information from trained facilitators in a welcoming, youth-friendly environment. Health Talk Fridays are designed to encourage meaningful conversations on issues that directly affect the lives and well-being of young people.

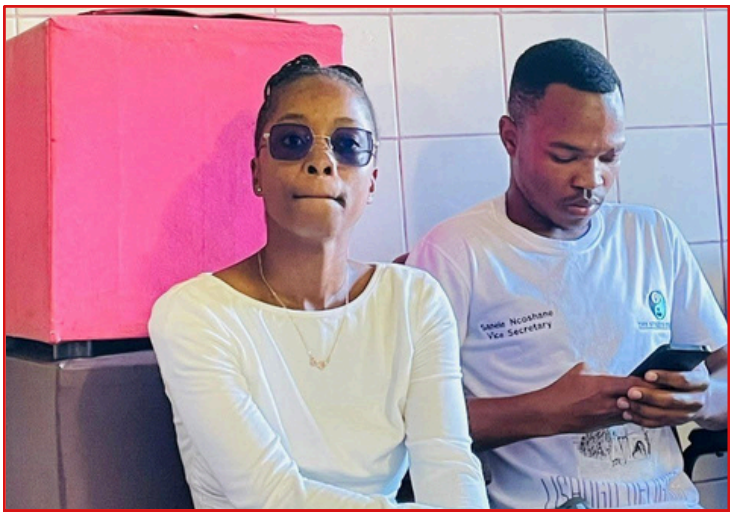




Participants pose for a group photo after a Health Talk Friday session on Menstrual Hygiene Management.

By fostering open dialogue, the sessions help participants build confidence, develop life skills, and make informed decisions about their health and future. A wide range of topics is covered during the sessions, including mental health, Menstrual Hygiene Management (MHM), HIV prevention, sexual and reproductive health and rights (SRHR), skills development, healthy relationships, and other emerging issues identified by young people. The interactive discussions allow participants to share experiences and -challenge misconceptions and learn practical strategies for maintaining healthy lifestyles. The initiative also serves as an important platform for linking young people to youth-friendly health services offered by FLAS, ensuring they can access the care, counselling, and support they need. By providing reliable information and encouraging peer engagement, Health Talk Fridays contribute to building healthier, more informed, and empowered communities.







Young people participating in a collaborative mental health session hosted by the FLAS Mbabane Youth Centre and the UNESWA Mental Health Society, promoting open dialogue, mental wellness, and the importance of breaking the stigma surrounding mental health.

God's Unity Church Zone 4 Girls Talk Innitiative



FLAS Peer Educator, Ms. Katleho Sojane, leads a health education session during the Girls Talk initiative at God's Unity Church (GUC), Zone 4.

As part of the impactful Girls Talk initiative held at God's Unity Church (GUC), Zone 4, next to Ka Gama Grocery, FLAS Peer Educators joined young women for a day of learning, inspiration, and empowerment.

The event created a safe and supportive space for participants to engage in open discussions, share experiences, and build confidence while recognising their worth and potential. Through interactive conversations, young women were equipped with valuable knowledge to help them make informed decisions about their sexual and reproductive health, personal wellbeing, and future aspirations.

FLAS Peer Educators participated as facilitators and speakers, leading engaging discussions on key Sexual and Reproductive Health and Rights (SRHR) topics and encouraging participants to seek accurate information and access youth-friendly health services. Their involvement reflected FLAS' ongoing commitment to empowering adolescents and young people-with the knowledge and life skills needed to make healthy choices.

The session also complemented ongoing Menstrual Hygiene Management (MHM) efforts by promoting menstrual health, dignity, and confidence among young women and girls. By addressing menstrual health alongside broader SRHR issues, the initiative reinforced the importance of creating environments where girls feel informed, supported, and empowered to thrive.



FLAS Peer Educator, Ms Nompumelelo Manana, also delivering her presentation.

Life Skills Education in Schools & Tertiary Institutions



FLAS Peer Educator Ms Nompumelelo Manana & Youth Intern Mr Senkhosi Mdluli engagIng students during a Life Skills Education (LSE) session at St. Mark's High School,

The Family Life Association of Eswatini (FLAS) continues to empower adolescents and young people through the delivery of Life Skills Education (LSE) in schools and tertiary institutions across the country. Led by FLAS youth and trained peer educators, these interactive sessions provide learners with the knowledge and practical skills they need to make informed decisions about their health, wellbeing, and future.

During the reporting period, FLAS conducted Life Skills Education sessions at St Mark's High School, Eswatini Medical Christian University, and BSA Training College, reaching learners and students with age-appropriate information on key health and social issues. These institutions provided an important platform for engaging young people in meaningful discussions that promote healthy behaviours and informed decision-making.





FLAS youth intern Ms Mandisa Mabuza leading a Life Skills Education (LSE) session at St Theresa High School.

Recognizing that young people face a range of social and health-related challenges, the Life Skills Education programme creates a safe and engaging environment where participants can openly discuss issues affecting their lives. Through participatory learning methods, learners are encouraged to ask questions, share experiences, and develop the confidence to make responsible choices.

The sessions covered a variety of important topics, including teenage pregnancy prevention, Gender-Based Violence (GBV), mental health, Menstrual Hygiene Management (MHM), and other aspects of Sexual and Reproductive Health and Rights (SRHR).

Participants gained practical knowledge on protecting their health, building healthy relationships, managing emotions, preventing risky behaviours, and accessing youth-friendly health services when needed.

By using peer-to-peer education, FLAS ensures that young people receive information in a relatable and supportive manner, helping to break down stigma and misconceptions while promoting positive behaviours. The programme also encourages learners to become advocates for healthy lifestyles within their schools, families, and communities.





Students at Ethembeni High School actively participating in a Life Skills Education (LSE) session lead by FLAS peer educators.





Life Skills education session at BSA Training College fostering critical thinking, confidence, and informed decision-making.

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