



Spotlighting LESOTHO

Mosepele Foundation Development Forum (MFDF): Strengthening AGYW Voice in National Policy and Community Action



In 2025, the Mosepele Foundation Development Forum (MFDF), with support from the Her Voice Fund, advanced advocacy for adolescent girls and young women (AGYW) by engaging national and community platforms to influence policy and service delivery. MFDF participated in the Budget Speech Debate Workshop, where youth leaders analysed budget priorities and advocated for formal youth inclusion in national decision-making processes.

MFDF also contributed to the co-design of the Hello Mocha! youth health hotline, strengthening access to stigma-free SRHR and mental health information and referrals. Their participation in the Mental Health for Public Health Lesotho Feedback Session further ensured youth and gender perspectives were reflected in national mental health initiatives.

At the national level, MFDF supported AGYW capacity building and policy engagement through the NACYC Workshop, implemented

with partners including Sentebale, UNICEF, and the National AIDS Commission. MFDF also contributed to the 2025 National GBV Indicators Study and Validation Workshop, strengthening survivor-centred and inclusive data collection tools. In collaboration with Gender Links Lesotho, the organisation promoted data-driven advocacy to improve GBV prevention and response, while the UNITED! Voices Workshop reinforced youth-led advocacy networks across SRHR, gender equality, and mental health.

At the community level, MFDF engaged AGYW through the Day of the African Child campaign, radio discussions, and village sensitisation sessions in Ha Phaloane, Ha Ralejoe, and Ha Makhoathi. These activities increased SRHR awareness, challenged harmful gender norms, and strengthened grassroots leadership. MFDF also linked economic empowerment to reduced vulnerability to GBV through exposure visits to the Basotho Flea Market, alongside community

dialogues on GBV and matrimonial rights. Collectively, these efforts demonstrate MFDF's integrated approach to advancing AGYW leadership, rights, and resilience.



NomaPads Foundation: Youth-Led Menstrual Health, Well-Being, and Policy Engagement

From March to November 2025, NomaPads Foundation implemented a range of community, digital, and policy-focused initiatives to advance menstrual health, mental well-being, youth leadership, and inclusive education across Lesotho.

Between March and May, NomaPads supported youth participation in national policy processes through a Creative Leadership Visioning Workshop and advocacy training linked to the National Menstrual Health and Hygiene Strategy. Young people contributed to the finalisation of national policy documents, strengthened peer-led Comprehensive Sexuality Education initiatives, and facilitated menstrual product distribution. World Menstruation Day celebrations in May, supported by national partners including the Ministry of Health and attended by Miss Lesotho and Her Voice Ambassador Mathe Masupha, amplified public dialogue on menstrual health and youth leadership.

From April to June, NomaPads expanded digital empowerment and mental wellness

initiatives through podcasting, grant-writing training, and counselling activities. The #Nomapadcast platform introduced youth to digital storytelling as an advocacy tool. At the same time, complementary activities, including clean-up drives, HIV counselling, yoga sessions, and mental health support, promoted holistic well-being and inclusion.

Between July and November, the Foundation deepened youth engagement through innovation, creative expression, and policy integration. Podcasting, AI-supported proposal writing, and grant-development workshops strengthened digital literacy and confidence. Through the Ikahe Project, youth engaged with government stakeholders to inform sanitation policy validation processes. Creative programming, including macramé art, menstrual health sessions, and pop-up libraries, reinforced links between wellness, learning, and innovation. These activities concluded the year by strengthening technology-based advocacy and positioning young people as informed and effective change agents.



Bacha Re Bacha Youth Forum (BRB): Activity Summary

During the implementation period, Bacha Re Bacha Youth Forum strengthened the leadership and advocacy capacity of AGYW through targeted training, policy engagement, and dialogue platforms.

An SRH and self-awareness refresher session at the BRB office equipped 18 AGYW with knowledge and confidence to advocate for their rights. Additional capacity-building activities included a Ministry of Finance and Development Planning (MFDP) training on youth engagement in national budgeting, and SRH sessions delivered by the District Child Protection Team in Leribe, where participants committed to serving as peer advocates.

BRB also facilitated online think tanks focused on inclusive empowerment, self-care, and gender partnerships, encouraging reflection, shared learning, and youth-led dialogue. These efforts were complemented by a Ministry of Communication, Science and Technology

session on youth innovation and media, promoting the use of digital tools for social change.

AGYW further participated in a Ministry of Health tuberculosis (TB) awareness meeting, contributing to discussions on prevention and follow-up care. A Youth Day dialogue provided space to address mental health challenges linked to family dynamics, relationships, and unemployment. Ongoing Community-Led Monitoring (CLM) training strengthened AGYW capacity to advocate for improved SRH service delivery.

Through the Girl Empowerment Project, BRB also hosted an online dialogue engaging 28 young people on how cultural, traditional, and religious practices can act as enablers—rather than barriers—to SRH. Collectively, these activities reinforced AGYW leadership, peer advocacy, and meaningful participation in policy and community spaces.



She-Hive Association: Advancing AGYW Advocacy on GBV, HIV, and SRHR

During the March–August 2025 grant cycle, She-Hive Association advanced AGYW’s advocacy on gender-based violence (GBV), HIV prevention, and sexual and reproductive health and rights (SRHR).

Key activities included youth camps and intergenerational dialogues addressing cultural drivers of GBV and HIV, including widow inheritance and other harmful practices. Partnerships with the Lesotho Defence Force Rapid Response Team reinforced GBV as a community emergency. At the same time, collaboration with the Bothoba-Pelo Foundation and the Ministry of Agriculture highlighted links between climate change, insecurity, and increased vulnerability to GBV among AGYW.

At national and regional levels, She-Hive strengthened its policy influence through its role as Chair of the Safe Abortion Alliance of Southern Africa (SAASA) and participation in the SADC CSO Forum in Madagascar. These platforms supported advocacy for the decriminalisation of safe abortion and increased awareness of post-abortion care services.

Despite operational challenges, including staff turnover and community resistance to abortion-related dialogue, She-Hive sustained implementation through volunteer mobilisation, youth-led facilitation, and peer-learning approaches—ensuring continuity of advocacy and community engagement.

