



Wae Gyal Pikin Tinap

Radio Magazine Show

LISTENING GUIDE

Overview













Wae Gyal Pikin Tinap (When the Girl Child Stands) is a radio magazine programme for and about adolescent girls, and their parents, caregivers and partners. Topics range from the fun and inspirational, such as sports or hopes for the future, to more sensitive issues, including relationships and consent. Produced by BBC Media Action, the programme was first broadcast from May-November 2022 as part of the UK Aid-funded Every Adolescent Girl Empowered and Resilient (EAGER) project.













Each 30-minute episode takes one theme and explores this through the experiences of girls in Sierra Leone. As the name suggests, Wae Gyal Pikin Tinap shows what girls can achieve when they are valued, listened to and supported. The programme is girl-centered and solutions-focused, showcasing girls who have overcome challenges and made positive changes in their lives. Many episodes feature an adolescent girl as a co-presenter. She helps to introduce segments and conduct interviews, role modelling the importance of listening to girls and including them in decision-making.













Episodes can be listened to in any order. If the series is being played for a group of girls or adults, consider starting with the earlier episodes that cover foundational topics and then progressing to sensitive topics once the group has built trust. While most episodes can be played at any time, some are linked to specific moments or days that are celebrated nationally and globally. These episodes may be especially impactful when listened to during these specific times.













All episodes are available on BBC Media Action's Soundcloud page:
https://soundcloud.com/bbc_media_action_sierra_leone/sets/wae-gyal-pikin-tinap













The following pages present each episode's topic and a brief description of what it covers.













<p>Episode 1. Practical support </p>	<p>Episode 2. Valuing all girls </p>
<p>How to demonstrate love and support for girls in practical, non-financial ways.</p>	<p>The value of all girls irrespective of their background or circumstances.</p>
<p>Episode 3. Girls' agency </p>	<p>Episode 4. Girls' value </p>
<p>The right of girls to be listened to and involved with decision-making.</p>	<p>The inherent value and rights of girls.</p>
<p>Episode 5. Learning at home </p>	<p>Episode 6. Girls as well as boys </p>
<p>How girls can be supported to keep learning when schools are closed or after they have dropped out of school.</p>	<p>Valuing girls the same as boys, and giving them equal respect, opportunities, support and resources.</p>
<p>Episode 7. COVID-19 through the eyes of girls – I </p>	<p>Episode 8. Stereotypes and expectations </p>
<p>How girls were affected by the pandemic, including school closure, travel restrictions and curfew.</p>	<p>How to recognise and challenge preconceived ideas about girls from different backgrounds, and treat all girls equally.</p>
<p>Episode 9. Two-way discussion </p>	<p>Episode 10. Girls' friendship </p>
<p>The value of discussing issues with girls and including girls in family and community discussions.</p>	<p>The role that positive friends and peer support can play in a girl's life.</p>
<p>Episode 11. Learning for life </p>	<p>Episode 12. Making decisions together </p>
<p>Opportunities to continue or return to learning, including for girls who have dropped out of school.</p>	<p>The benefits of listening, collaborating and consulting with girls to make decisions together.</p>













<p>Episode 13. Positive parenting </p>	<p>Episode 14. Our future through the eyes of girls </p>
<p>How parents can develop strong, healthy and trusting relationships with their daughters, and the impact this can have.</p>	<p>Girls on their hopes and dreams for the future – for themselves, for their communities and for the country.</p>
<p>Episode 15. Trusting girls </p>	<p>Episode 16. Safer world for girls – I </p>
<p>How girls benefit when they are given some freedoms and trusted to take on responsibilities outside the home.</p>	<p>First of two special episodes linked to the International Day for the Elimination of Violence Against Women and 16 Days of Activism.</p>
<p>Episode 17. Safer world for girls – II </p>	<p>Episode 18. Celebrating our differences </p>
<p>The second of two special episodes linked to the International Day for the Elimination of Violence Against Women and 16 Days of Activism.</p>	<p>The value in difference and diversity. We are not all the same and society is richer for it. So let's celebrate each other!</p>
<p>Episode 19. Christmas 2020 through the eyes of girls </p>	<p>Episode 20. New Year 2021 through the eyes of girls </p>
<p>How girls are preparing for Christmas with economic hardships due to the pandemic and restrictions affecting Christmas gatherings.</p>	<p>What girls are looking forward to and hoping for in the new year.</p>
<p>Episode 21. Discussing sensitive issues </p>	<p>Episode 22. Talking to girls about periods </p>
<p>The importance of creating a safe and supportive environment in which girls feel able to discuss anything and seek help when they need it.</p>	<p>How and why to talk to girls about periods, including before they start their first menstrual cycle.</p>
<p>Episode 23. Healthy relationships </p>	<p>Episode 24. Friendship between girls and boys </p>
<p>The role of trust and respect in romantic relationships, and how to set this example for girls to learn from and follow.</p>	<p>The benefits of safe, supervised friendship between adolescent girls and boys.</p>













<p>Episode 25. COVID-19 through the eyes of girls – II </p>	<p>Episode 26. International Women’s Day 2021 </p>
<p>The second of two episodes on how girls were affected by the pandemic and various restrictions.</p>	<p>What girls would like those around them to #choosetochallenge as we all stand together against gender inequity.</p>
<p>Episode 27. Mining through the eyes of girls </p>	<p>Episode 28. Girls and water </p>
<p>The experiences and challenges of girls living in mining communities.</p>	<p>How girls are affected by water shortages and the dangers and burden of fetching water, which often falls most heavily on them.</p>
<p>Episode 29. Listening to girls </p>	<p>Episode 30. Girls’ choices </p>
<p>The value of listening to girls and supporting them to make their own choices.</p>	<p>The right of all girls to have an opinion and make choices.</p>
<p>Episode 31. Mutual consent – I </p>	<p>Episode 32. Mutual consent – II </p>
<p>The first of two episodes on the right we all have to make our own choices, including each and every time we have sex or become involved with another person.</p>	<p>The second of two episodes looking further at consent and sex.</p>
<p>Episode 33. Offering guidance to girls </p>	<p>Episode 34. Malaria through the eyes of girls </p>
<p>A look at how best to guide girls, offering advice and information to help them learn how to make decisions for themselves.</p>	<p>How girls, including pregnant girls and teenage mothers, access malaria services.</p>
<p>Episode 35. Girls and their families </p>	<p>Episode 36. COVID-19 vaccination through the eyes of girls </p>
<p>The role of girls in families, and the role families can play in supporting and empowering girls.</p>	<p>Looking at concerns about vaccination and putting those concerns to experts and others who have taken the vaccine.</p>









<p>Episode 37. World Menstrual Hygiene Day 2021</p> 	<p>Episode 38. Living with relatives</p> 
<p>Girls share their experiences accessing period products and what everyone can do to support girls with this.</p>	<p>The lives and rights of girls who do not live with their parents but with uncles, aunts and other relatives.</p>
<p>Episode 39. Girls and work</p> 	<p>Episode 40. Fathers' Day 2021</p> 
<p>Looking at work outside the home, what is safe and suitable, and how girls can support household income without compromising on their schooling.</p>	<p>The role of fathers and father figures in raising confident and empowered girls.</p>
<p>Episode 41. Disabilities not holding girls back</p> 	<p>Episode 42. New and second chances</p> 
<p>Stories of girls with disabilities who have overcome barriers to access learning and employment opportunities, and are now inspiring others.</p>	<p>Alternative learning opportunities for girls who dropped out of school or missed out on school when they were younger.</p>
<p>Episode 43. Time off to rest and play</p> 	<p>Episode 44. Girls with cool ideas</p> 
<p>The importance of giving girls time off from learning, work and household chores.</p>	<p>We meet girls who are innovative in designing and making things, and are making a difference with their work.</p>
<p>Episode 45. The big holiday</p> 	<p>Episode 46. Jobs and careers</p> 
<p>What we can all do to make the big holiday when schools are closed a safe and happy time for girls.</p>	<p>Guidance for girls, including out-of-school girls, on different kinds of work they can do and the skills they need to get there.</p>
<p>Episode 47. Rainy season through the eyes of girls</p> 	<p>Episode 48. Preparing for school</p> 
<p>A look at how the rainy season and the challenges that come with it affect girls.</p>	<p>What girls and their families can do to prepare for the new school year, whether returning to the classroom or starting school for the first time.</p>

<p>Episode 49. World Literacy Day 2021 </p>	<p>Episode 50. Finding opportunities </p>
<p>It's never too late to learn to read and write, even if you missed out on school.</p>	<p>A look at what girls can do to identify and create opportunities for themselves.</p>
<p>Episode 51. Girls and the economy </p>	<p>Episode 52. Girls and leadership </p>
<p>How girls are being affected by economic hardships, what they are doing to cope, and how others can support them.</p>	<p>The benefits for girls of taking on leadership roles and responsibilities, and what others can do to encourage girls.</p>
<p>Episode 53. A peaceful world for girls </p>	<p>Episode 54. International Day of the Girl Child 2021 </p>
<p>Linked to the International Day of Non-Violence.</p>	<p>Celebrating the potential of adolescent girls and the value of creating more opportunities for them.</p>
<p>Episode 55. Building girls' confidence </p>	<p>Episode 56. Family bonds </p>
<p>The benefits of building self-confidence in girls and what we can all do to support that.</p>	<p>How to develop strong family bonds between girls and their parents and caregivers, and why this is important.</p>
<p>Episode 57. Climate change in urban areas </p>	<p>Episode 58. Climate change in rural areas </p>
<p>A look at the lives of girls in Freetown and how they are being affected by climate change.</p>	<p>We travel to Pujehun to see how girls' lives are being affected by rising sea levels and climate change.</p>
<p>Episode 59. Speaking out </p>	<p>Episode 60. Ending violence against women and girls – I </p>
<p>Why it's important for girls to feel able to speak out and how they can be encouraged to do so.</p>	<p>To mark the International Day for the Elimination of Violence Against Women, we take a look at things we can all do to help end violence against women and girls.</p>

<p>Episode 61. Ending violence against women and girls – II </p>	<p>Episode 62. Christmas 2021 through the eyes of girls </p>
<p>The second of two episodes looking at things we can all do to end violence against women and girls.</p>	<p>A look at Christmas as it is experienced by girls, including things that girls are looking forward to and concerns they may have.</p>
<p>Episode 63. New Year 2022 through the eyes of girls </p>	<p>Episode 64. Mentorship for girls </p>
<p>Girls' hopes, dreams and plans as we enter a new year and what we can all do to support girls in achieving their plans.</p>	<p>A look at mentoring and how mentorships can help girls.</p>
<p>Episode 65. People we trust </p>	<p>Episode 66. Girls and stress </p>
<p>Who is a trusted voice and why it is important for girls to have friends and adults who they can trust.</p>	<p>Explores stress and anxiety, including particular pressures and effects on girls, and how girls can support one another and where they can seek expert help.</p>
<p>Episode 67. What is love? </p>	<p>Episode 68. Love relationships </p>
<p>This episode explores different kinds of love, including love in a family, love between parents and children and romantic love.</p>	<p>Focuses on romantic relationships, including relationships of a physical or sexual nature, and discussion around choice and consent.</p>
<p>Episode 69. Girls and power </p>	<p>Episode 70. Talking to adolescents about sex and relationships </p>
<p>Realising the inner power and potential of girls to #breakthebias, challenge stereotypes and break into areas traditionally dominated by men. Linked to International Women's Day 2022.</p>	<p>How to open conversations between caregivers and adolescent girls and boys about romantic relationships, including sex and consent.</p>
<p>Episode 71. Girls and transportation </p>	<p>Episode 72. Girls and the media </p>
<p>Looks at the difficulties and dangers when using public transportation, and what we can all do to help girls stay safe when moving around.</p>	<p>A look at how girls are portrayed by and served by the media in Sierra Leone, including the positive and negative roles that media can play.</p>

<p>Episode 73. Ramadan through the eyes of girls </p>	<p>Episode 74. Girls and fashion </p>
<p>Ramadan is a special and challenging time for everyone. Girls share their thoughts and experiences on the particular ways that it affects them.</p>	<p>Celebrating how girls can express themselves through fashion and why it's important for girls to have this creative outlet, even if the older generation does not always like what they choose.</p>
<p>Episode 75. Independence Day through the eyes of girls </p>	<p>Episode 76. Girls and sport </p>
<p>How girls see Independence Day in Sierra Leone and how they see the future of their country.</p>	<p>Participating in sport can help girls develop skills like leadership, teamwork, responsibility, hard work and commitment. Plus, it's a lot of fun!</p>
<p>Episode 77. Girls and entrepreneurship </p>	<p>Episode 78. Girls and advocacy </p>
<p>Meeting girls who have set up their own businesses and hearing their advice for others.</p>	<p>Supporting girls to champion their issues and speak up about things affecting them.</p>
<p>Episode 79. Girls and rainy season </p>	<p>Episode 80. Girls and savings </p>
<p>Girls share their thoughts and experiences on the rainy season, and what their communities can do to support them through this time.</p>	<p>How girls can learn to save, what others can do to help them, and why saving could be the key to girls' futures.</p>
<p>Episode 81. Human trafficking through the eyes of girls </p>	<p>Episode 82. Girls' right to learn </p>
<p>Experiences of girls sent to live with relatives or to work abroad, the laws protecting girls and others against human trafficking, and what to do if you suspect a problem.</p>	<p>The benefits of learning and gaining an education for girls and the people around them, and what we can all do to support girls' right to education.</p>
<p>Episode 83. Supporting girls' visions </p>	<p>Episode 84. Agriculture through the eyes of girls </p>
<p>What parents/caregivers, families and society can do to help girls pursue their dreams and overcome any challenges they face.</p>	<p>Experiences of girls who work in farming and opportunities for other girls to pursue this field of work.</p>

<p>Episode 85. Cost of living </p>	<p>Episode 86. Girls and microcredit </p>
<p>Prices are going up and life is hard for everyone, but girls face particular challenges and risks at this time.</p>	<p>How microcredit can help girls to start small business ventures and how to borrow wisely.</p>
<p>Episode 87. International Friendship Day 2022 </p>	<p>Episode 88. Cyberbullying through the eyes of girls </p>
<p>What does it mean to be a good friend? Celebrating friendship between girls and exploring the role that friends can play in supporting one another.</p>	<p>A look at the risk that girls face online, what actions they can take to inform and protect themselves, and what others can do to keep them safe.</p>
<p>Episode 89. Girls making a difference </p>	<p>Episode 90. Girls and mental health </p>
<p>Linked to World Humanitarian Day, this episode celebrates girls who are making a difference in the lives of people in their communities.</p>	<p>Mental health and wellbeing as it relates to girls, including what we can do to look after mental health, how we can support one another and where we can seek help.</p>
<p>Episode 91. Girls and drug abuse </p>	<p>Episode 92. Girls and apprenticeships </p>
<p>Substance abuse and its impact on girls, including experiences of girls who have been affected and advice for parents and caregivers on how to talk to adolescents about drugs.</p>	<p>How informal apprenticeships can help girls to learn a trade and get started in business, and how to help girl apprentices remain safe and free from exploitation.</p>
<p>Episode 93. Identifying abuse in relationships </p>	<p>Episode 94. Violence and the law </p>
<p>Helping girls and women to recognise abuse in intimate relationships, and to know who to talk to or what to do if they are being abused.</p>	<p>A look at what the law says about gender-based violence and the mechanisms in place for reporting cases.</p>
<p>Episode 95. Building a better world </p>	<p>Episode 96. Social life through the eyes of girls </p>
<p>Girls who are advocating for and achieving change, and the role that girls can play in nation building.</p>	<p>A look at the role of friendship in girls' lives, and the importance of having time and freedom to build a social life, away from the home.</p>

<p>Episode 97. Sex education in schools </p> <p>Discussing the benefits of and addressing parents' concerns related to the teaching of sex education in schools.</p>	<p>Episode 98. Girls and body image </p> <p>Helping girls feel comfortable in their bodies and happy with the way they look, regardless of shape, size or physical abilities.</p>
<p>Episode 99. Male allies </p> <p>What men and boys can do to support and champion girls, and why they should be allies in girls' development.</p>	<p>Episode 100. Girls as role models </p> <p>Meeting girls who set an example for each other and the rest of society.</p>
<p>Episode 101. Respecting girls </p> <p>Respect can be two-way. How adults can show respect towards girls by listening to them and valuing them, and how this can help girls learn to respect themselves.</p>	<p>Episode 102. Supporting girls' agency and choices </p> <p>What we can all do to support a girl's right to make choices and act on them to make changes in her own life, and why this is so important.</p>
<p>Episode 103. Stories of change – I </p> <p>The first of two episodes where we meet girls, including some former co-presenters of Wae Gyal Pikin Tinap, who have changed their lives by making use of the opportunities they've been given.</p>	<p>Episode 104. Stories of change – II </p> <p>The second of two episodes looking at girls who have changed their lives for the better.</p>