

The Power of Love

Voices of Kibera School Girls

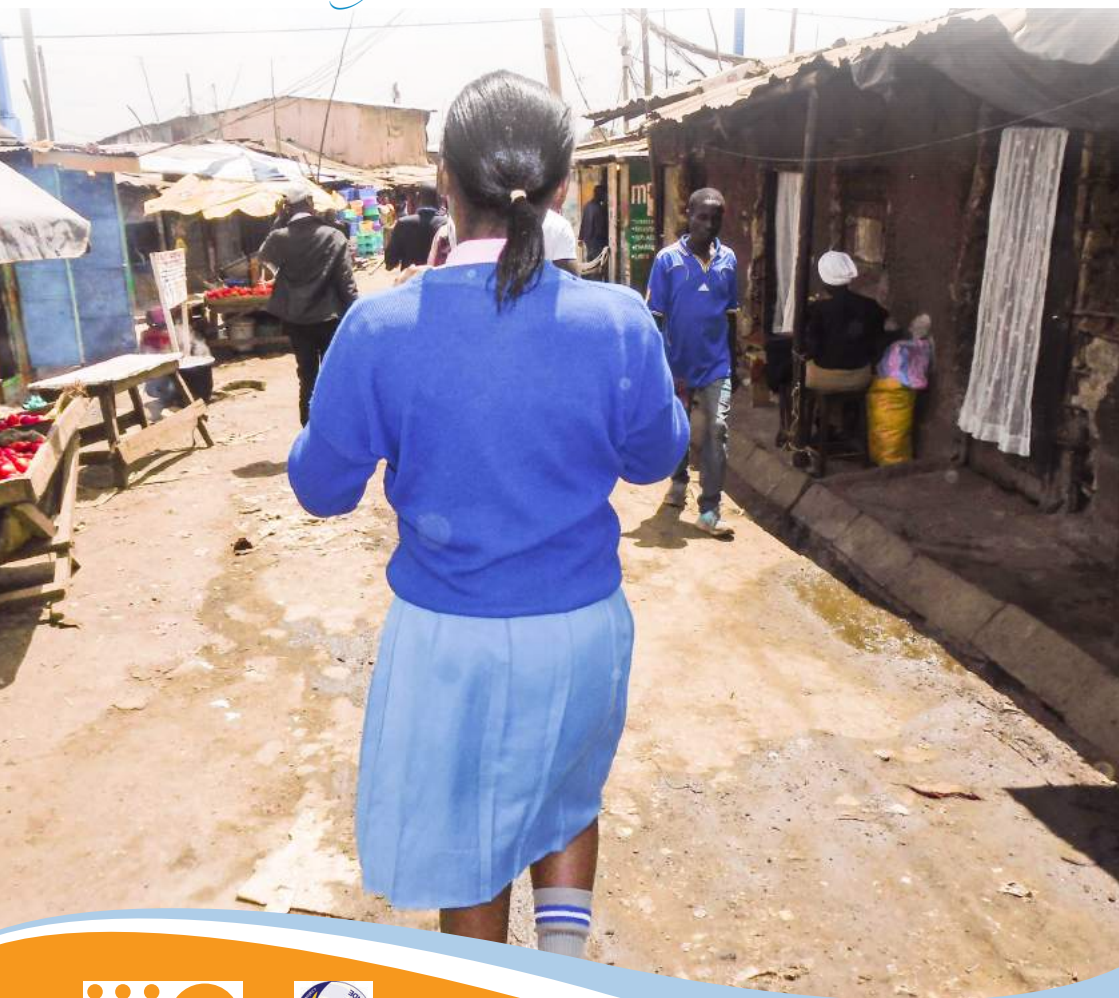


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Foreword

The Power of Love is an insightful piece that voices perspectives of the daily lives of young girls living in Kibera, an extensive informal settlement in Nairobi County, Kenya. It captures poetic descriptions of “Love” as narrated from the view point of these girls. The poems are an expression of hope from girls that daily confront formidable socio-economic challenges, while striving to optimize available opportunities to attain their full potential. Obviously each perceives and has experienced love in different ways but there appears to be universal consensus (amongst them) that in an atmosphere of love, their confidence and self-esteem is assured; feeling safe and secure they can tackle each new day!

Adolescents, aged 10-19 years are a significant proportion of the population comprising 16% and 24% of all people in Nairobi County and Kenya respectively. They are confronted daily with a broad range of daunting challenges that seek to exacerbate existing inequalities. This population nevertheless incubate limitless potentials to contribute immensely to national strategic objectives, potentials that can be harnessed through a range of adaptive measures in and out of school including through basic education, empowerment, and mentorship. Young girls, more than any other demographic represents this enormous untapped potential and present a most promising “return on investment”.

The innovative approaches of the Polycom Development Project, Kibera has nurtured the voices of these young girls. The United Nations Population Fund (UNFPA) is therefore pleased to support the amplification of these “voices” as they reach out to us in love and through love, inviting our love, our encouragement and our investment to bring to birth their dreams.

Dr. Ademola Olajide

UNFPA Representative

Acknowledgements

This documentation work is only possible because of the commendable work that Polycom Development Project is doing among school girls in Kibera. Special thanks go to Polycom’s founding director, Ms. Jane Anyango, for her invaluable contributions in terms of providing the content needed for this work, in form of the original essays written by school girls in Kibera. Polycom’s volunteers were also eager to provide any additional support necessary and to respond to any queries around the competition that resulted in the submission of close to 200 essays that are now the basis of this work. Thank you very much the entire Polycom Development Project team and keep up the good work.

The UNFPA Country Office recognizes the immense contributions of the young girls who wrote the essays that are the basis of this publication.



Background

Polycom is a community based organization located within the sprawling Kibera slum, the largest informal settlement in Kenya, and the region. Polycom implements a variety of interventions to empower young girls in the slum. As part of their preparations for the International Day of Peace in 2017, the CBO organized an essay competition for girls attending several schools in Kibera. Being an election year, the country was experiencing sharp political divisions following grueling campaigns and therefore Polycom decided to choose an essay topic based on something as unifying and unconditional as love. They selected the topic “**Power of Love**” for the essay competition. They sent word out to most of the schools in Kibera and 20 schools responded. The competition was open to at least 20 girls per school. Participants had to be between 10-15 years old.

Document overview

The first section of this document presents the key themes identified from the 168 essays while the second section presents the actual essays themselves. Because some essays have more than one key theme or message, it was not possible to arrange them by theme/topic.

Summary of themes from “power of love” essays

While it would be easy to assume that each essay has only one theme, in reality the majority of essays contain a variety of themes, all closely related to the feelings the essay writers are trying to pass across.

Although the common essay topic was “the power of love”, each essay is based on a unique set of circumstances. The essays focus on a variety of topics to illustrate how the power of love is depicted in very different circumstances. The writers appear to be mostly describing situations in their own lives when the power of love was dominated. The situations described are varied; they could be positive or negative, happy or sad, but they all show that love is powerful. They range from the power of love demonstrated by a devoted mother who sacrifices everything for the sake of her children, the selfless teacher who always goes out of their way to help their pupils, the committed doctor who is moved by the power of love to save lives every day, the widow who overlooks her own circumstances to help others in spite of her own problems, a stranger who takes in an orphan and commits to educate them, among many others. In the vast majority of the essays the girls appear to be describing their own life story, or those of people known to them, mostly other young people, explaining how the power of love came through in those difficult and sometimes painful circumstances. The essays depict different tones, sometimes despairing, somber, and even bleak; but in almost all cases, by the end of the essay the tone is one of hope and courage.

Below are the key themes that come out strongly from “the power of love” essays:

Love defined

Nearly all essays begin with an opening statement defining what love is from the perspective of the writers. The girls explain that there are many different types of love such as the love between parents and their children, teachers and pupils, husbands and wives, romantic love between a boy and a girl, the love of God to all humans including many mentioning that love is a command from God, love that citizens should have for their country, and even love for animals by humans.

Love expressed at family, community and national level

This theme is based on the power of love within family, community, or national level. The writers compare and contrast different scenarios where there is love and where love is absent. For instance, where love is absent, be it at family, community, or national level, the writers say there is disunity, disagreements and there's no peace. On the contrary, when people agree about something, the result is unity and peace. The essays give examples of how the power of love is expressed by mothers who struggle to take care of their children, making great sacrifices in the process. Other examples are of love expressed even by complete strangers especially to children who are in need. In many of the essays, the girls give their own examples of how they've either been beneficiaries of love by others or when they've extended love to others. The essays encourage people to show love to the disadvantaged in society. These are described as those who are sick and a common example is HIV/AIDS, the poor, orphans, the disabled, blind or deaf and the aged in society. The essays explain that these people ought to be loved and supported by those who are able in society and not left to suffer.

Loving oneself

This theme comes out by way of describing how girls ought to love themselves first before they can express the same to others. Such essays encourage girls that irrespective of their difficulties they can become anything they set their minds to if they love themselves and determine to be the best they can be.

Multiple sexual partners

This is described as a girl having many boy friends at the same time and how this affects their studies and life in general. While some girls pledge to always listen to their parents and to focus on their studies, others try to give advice on the disadvantages of premature relationships with boys.

Discrimination against women/girls in the society/country

Discrimination against women/girls is expressed in many ways. One way this is brought up is through essays that express disappointment with the fact that many people in leadership positions in Kenya today are men. One writer asks, "why is it that most leadership positions in Kenya are being taken up by men, including our president? Since Kenya was declared a republic, it has had only male presidents. What about women, or are they just dogs barking outside when they see danger? We also are human beings...!"

Another girl explains that when Western education was introduced many thought it was only meant for boys and not girls because it was believed that girls were only meant to help with domestic chores. Many girls however note that things have changes and many NGOs are now

supporting girl education. Inequality is also expressed in terms of the disparities in wealth distribution, where we have some people who are so poor that their basic needs like clothes, shelter, and food are not met while others are extremely wealthy.

Domestic violence

This is a recurring theme in several of the essays. The essays mostly depict violence being meted against women mostly by men who are their spouses, or even by parents against their children due to various perceived misbehaviors. These range from parents not approving of some of the activities and lifestyles their children are involved in, for instance dancing, or a drunken father who comes home late at night and beats his wife for no reason.

Unity in diversity

The essays explain the power of love to bring unity in diversity. Some stress the need for unity among girls since they go through many common challenges that they're not free to share with anyone else besides each other. Some essays mention the embarrassment girls go through in school as a result of biological changes in their bodies and which they're not comfortable sharing with anyone else such as onset of menstruation when they're unprepared. For these reasons, the essays explain that girls need to turn to each other for help and advice on how to cope with these challenges of adolescence. Unity is especially stressed in terms of the country irrespective of tribe or social status.

Power of love in the family set up

This theme brings out examples of different ways love is expressed in the family set up. Examples include love between husbands and wives,

parents and children, children among themselves and even within the extended family. One girl states, *"It is better to be in a poor family where there is love than in a rich one where there is no love"*. Other examples include those of families who were estranged for different reasons but who later forgive each other and reconcile. One of the powerful examples is of a girl who was abandoned by her parents because she was born with albinism, and who after being brought up by well-wishers did very well in school and got a good job. She later learned of her struggling mother who had abandoned her but through the power of love took her in and proceeded to be the one to take care of her.

Tragedy and loss

Not all the essays have a happy ending. Examples of tragedy and loss include essays that tell sad tales of losing one or both parents for instance due to sickness and being left orphans, violence in homes meted against one parent by the other, or by parent against children among other topics. Such essays describe how love brings hope in an otherwise hopeless situation.

Love as a command from God

This is a common theme in many of the essays. Many essays state that love is a command from God and therefore we are all expected to love one another.

Romantic love

This is described as love between members of the opposite sex. Explanations include such people in love calling each other fond names. One girl writes *"Love is blind....if someone is in love with you nothing can change him or her from loving you.. the only thing that can separate you two is death"*. Other essays describe young girls who fall in love and either

end up happily married or bitter when they become pregnant and are rejected by their boyfriends. Other essays narrate how jealousy among people in romantic relationships has led to murder and/or suicide by the jealous person. Romantic love is also described as that between husbands and wives and as the reason the parents got married in the first instance.

Tribalism and divisions in the country

This theme brings out the hatred that some Kenyans have against each other and the resulting divisions and sometimes violence including killings. Such essays explain that these are caused by lack of love. Some essays mention political divisions. Other examples include tribalism where people only love those who are from their ethnic group. Many essay writers appeal for unity and peace in the country.

Mentorship

Another cross cutting theme is mentorship. Some of the girls mention peers who have gone astray due to lack of mentorship and guidance. The essays mention that girls growing up in the slums encounter many challenges including rejection by parents and guardians and as a result some turn to bad behavior including sexual immorality and drug abuse due to lack of guidance. The girls clearly appreciate the mentorship they have received so far especially through their association with Polycom and obviously yearn for more. Mentorship is also accredited to parents, especially the girl's mothers and also teachers who teach them how to take care of themselves during menstruation for instance, all because of the power of love. The main point is that the girls are crying out to be mentored.

Corruption

This theme focuses on the issue of corruption in the country, mostly associating it with politicians due to their lack of integrity and honesty. They relate this to bad leadership. Other vices associated with corruption in the essays include nepotism, insecurity, and even global warming

Appreciation for the sacrifices made by slum parents to educate their children

The poems are full of praises for parents who sacrifice a lot for their children. Some sound like tributes to unnamed parents who are obviously regarded as heroes by these young girls. Some examples include a parent using the money they had saved to buy their own medication to pay school fees for their children in order to keep them in school.

Several essays sound like a dedication to mothers. Many girls express their love and appreciation for their mothers in the essays. They appreciate the love their mothers have for them, the care they receive from mothers and many pledge to always love, respect, and obedience to their mothers. Some promise to work very hard as a way of honoring their mothers through good academic performance.

Broken families

Some essays narrate stories of families that are broken either due to death of one parent or other reasons and the resulting struggles. Girls mention losing their mothers due to sickness and then their fathers eventually re-marrying. Some talk about being turned in to house helps to take care of their step siblings or just bad blood between them and step mothers. Other reasons for family breakdown include alcoholism especially by fathers.

Drugs

It's clear from some of the essays that drugs are a problem in the slums and there are many problems associated with this vice including violence.

Alcoholism

Alcoholism is mainly associated with men in the slums. Some writers mention fathers who come home late in the night and drunk, make unreasonable demands on their wives such as asking for special food they haven't provided, pick quarrels, and end up being violent. It has been linked closely with domestic violence in families.

Appreciation for efforts in support of the girl child such as International Day of the Girl Child Celebrations

Many essay writers appreciate the efforts by NGOs and others to mentor and support the education of the girl child. A number of essays mention the girl child day celebrations and are thankful for this day that celebrates the girl child.

Equality for girls

A running theme in the essays is the fact that unlike in the past where boys were given preference especially when it came to accessing education, today girls have an equal chance. The girls take note that discrimination against girls is now a thing of the past. Many essays mention there are even many NGOs specifically working to ensure girls go through school with support including hygiene education, sanitary pads provision, school fees, and even empowerment programs teaching girls about their rights. The essays mention that parents and the society as a whole have appreciated the importance of giving girls

equal treatment especially when it comes to education. The girls note that some forms of discrimination against girls are now on the decline such as female genital mutilation and forced early marriages. In fact the girls note that in many schools in the slums today there are more girls enrolled than boys because of the concerted efforts of many.



Power of love essays

The original essays are presented below. Every effort has been made to keep the essays unchanged from the original ones with only minor edits in grammar and/or sentence formation.



1

Love is patient and kind. It does not envy nor boast, it is not proud nor rude neither is it self seeking. Love is not easily angered nor does it keep a record of wrongs, love does not delight in evil but rejoices in truth. Love always protects, always trusts, always hopes and always perseveres. Love never fails and it never ends.

We can therefore embrace this love and apply it to our society to change it to be a better place. With love nothing is impossible and all things are possible.

Ann Nyanchama

2

Love is a strong feeling that a person feels for the one they are interested in. One can be loved because of their good behaviour. Love has no age limit and happens to the young and the old. It brings parents together. Love brings peace in the society.

Benter Atieno

3

Love can bring peace and unity to our country. It makes people work together. In love there are no wars or violence. Conflicts are all resolved in a good manner. Love makes people obedient to the law bringing peace to the society. When united, people respect each other and stay strong as a team.

Clarice Khalisiala

4

Love is a strong emotion that creates harmony in a family. Children brought up in such an environment grow up happy and spread the happiness. We have ludus love, pragma love, Philistia love, and eros love.

Love brings people together, it draws friends together to share and help each other. It brings peace and respect in a country, and resolves conflicts.

Overall, love creates a beautiful environment.

Candis Anyanga

5

Love is a warm and tender feeling towards something or someone, while power is the ability to do something. The power of love is thus the ability to love someone.

The love between a parent and a child helps a child to grow up in all areas and be happy. Such a child relates well with others and is also able to love others for he knows what love is. Love makes us help those who cannot help themselves and these include the sick, the orphaned, the widows, and the poor. By showing them love we make them happy and give them hope. The bible commands us to love all.

Caroline Anyango

6

Love is a romantic feeling that one feels for someone. Love was created by God as seen in the Garden of Eden. Love makes people happy, and they can do anything for those they love. When one is in love, their face shines brightly, they smile a lot and are overall happy. Such a person feels sad when the person they love is far away.

One can have love towards animals, especially pets. So love is not only showed to human beings only. One can also love a hobby or a talent that they have and enjoy doing.

So love can be for many things and not just for human beings only.

Charity Mwende

7

Love is the greatest commandment in the world. Without love, nothing good can happen. Love makes the impossible, possible. When someone has wronged you, love makes it possible for you to forgive them repeatedly. Through love, we can help those in need.

Love does not choose tribe or religion. Our nation is corrupt and only love can get us out of the situation we are in. Love can bring respect and understanding, and it can unite different kinds of people from all over the world.

Christine Awuor



Love is a feeling of affection directed at something or someone. God loved us very much and sent his only son to die for us. Love is a very strong emotion that affects everyone no matter their age, sex or colour. Love can bring peace and it can also create conflict.

Children experience love from their parents, and they love them back. Love exists among siblings, relatives and friends.

When two people are in love, they are inseparable. They do everything together, go everywhere together. Love can also create strong conflict where jealousy is involved which can be destructive, even leading to death. Love can change one's behaviour either from good to bad or vice versa.

Therefore love is a very powerful emotion.

Dorcas Mbithe

Love is a feeling that one gets when they like someone very much. Where there is love there is agreement and all things are good. Love brings unity and understanding among people. It brings peace because through understanding, people are able to discuss matters and agree in a good way. Through love we develop patience and become more tolerant of each other. Faithfulness also comes in as a result of love for we all stay committed to do what we say we will do. Let us all keep love alive.

Doreen Bahati

Love is a strong feeling of affection towards someone. Below I discuss the four types of love that exist.

First is family love where one receives affection from their mothers, fathers and siblings. Even the extended family is in this category. There is a blood bond which binds together all those who are related.

Secondly there is the love that exists between friends. This also applies to fellow pupils and teachers. People we met along the way fall in this category.

Thirdly we have the love that exists between boys and girls. The attraction that brings these groups together and leads to sexual relations, marriages and starting families.

Finally we have the most important of them all, the Agape love. This is the love that God has for all humanity. This love is selfless, sacrificial and unconditional and we are all undeserving of it but receive it anyway.

Love therefore can bring people together and build strong communities.

Masitsa Elizabeth Katiti

Love is something that nobody would like to miss. Love in a family makes people work hard. One works hard to pass their exams so as to impress the family. Love is a fruit of the Holy Spirit, and where there is love, there is peace. A country full of love is filled with peace. Love also brings unity.

Love is therefore very important in life.

Immaculate Mmbishi

12

Love is a strong feeling between people. This love can be between parents and children, it can be romantic between a boy and a girl, or the agape love that Christ has for us.

Let us love ourselves so that others can love us.

Dorcas

13

Love is a very important thing in our daily lives. Through love, a lot of wonderful things happen in society for the betterment of the society. We all have people we love and there are people that love us.

Love creates peace and harmony, uniting all around. Parents must love their children. Children learn to love from their parents through what they see and feel.

I encourage all to practice Godly love wherever we are.

Brenda Auma Otieno

14

Love is a fruit of the Holy Spirit. A nation full of love is a nation full of peace. Love brings families together.

Power is the ability to do something with all your energy and strength. Students have the power to put their energy into their studies.

Parents love their children very much and that is why they brought them into the world. Love stands for Love, Obedient, Visible, Environment (L.O.V.E)

Emily Akoth

15

Love is a feeling of affection towards something or someone. People love for different reasons. Some people can love you because of your beauty, or even your shape. Love makes people become boyfriends and girlfriends.

Love can make some people become husband and wife. Love is the most confusing thing in the world but also the most beautiful thing. Love is also the most powerful thing. It can either ruin your life or make you happy for the rest of your life.

Love is blind. Love does not choose but one can get attracted to anyone. Some adolescents and youth get carried away because of love. Love is the sweetest thing in the world.

One can also love animals like pets and take care of them. If not handled well, love can lead to death. Some people don't take it well when told by the person they love that the person does not feel the same way about them. This leads them to commit suicide. There also people that pretend to love yet they are only interested in one's wealth.

Love can unite people, and can also unite one country with another. God is love and commands us to love one another.

I conclude that love can either make you happy or ruin your life.

Faith Boke

16

Love is a strong feeling of affection for somebody or something, while power is the ability to control people or things. The power of love is therefore the impact that love has in our society. Love has a lot of beautiful qualities which include bringing peace in society.

Love is patient and kind. It makes us help each other in our studies and we can improve together. We learn from each other and advise one another in areas of difficulties. Love does not boast, or envy. People with love are satisfied with what they have and are happy for other people's achievements and good scores. Love is not self-seeking nor easily angered, it does not keep a record of wrongs. When one has love, whatever they do is for the good of the society thus building a strong nation. Love never fails. Let us all love each other and love our nation so as to have peace.

Hadija Hassan

17

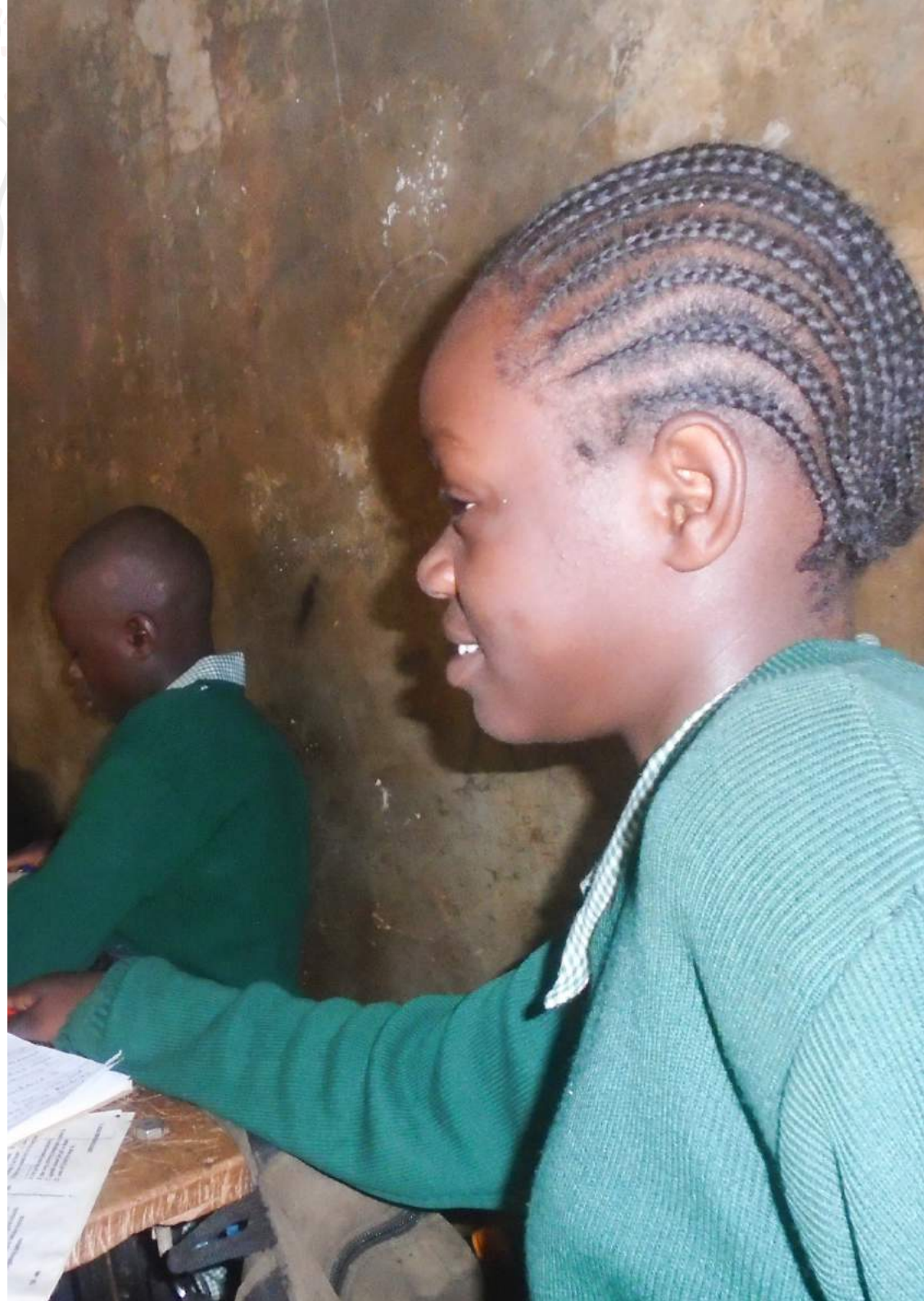
Love is a strong feeling for someone. It is also the greatest command given by God "love your neighbour as you love yourself".

Love promotes peace and brings unity in societies, and among communities. Unity makes a country strong, and enables development.

Where there is love, sickness loses the battle. When the sick get care and proper nutrition, their health improves. A healthy people build a healthy nation.

Let us love one another and develop our nation.

Michelle Mtunes



Love is a strong attraction to someone in an emotional way. Love is caring for someone very much, especially one's family members and close friends.

Love is kind, it is not selfish, it is beautiful and never ends. There are many different types of love and these include agape love, motherly love, family love, sisterly love, brotherly love and Godly love. Love unites people no matter their race, tribe, age and even culture. Love is beautiful, kind, peaceful and has a sense of humour. The love in the family makes children happy and creates a happy community. Love does not envy, nor is it selfish. Love cares and protects and it can move mountains.

Love binds us all together making us strong.

Happiness Nasirumbi

Love means being strongly attracted to someone in an emotional way. There are various types of love including eros love of the body, philia love of the mind, ludus playful love, pragma long standing love, Agape from God, philautia love of self and strong love for the child.

Love is intelligent, awesome and creative. A child brought up in such an environment tends to exhibit these characteristics. Love brings peace, love and harmony in homes, in the church, in communities and countries.

There is love all over the world and it fills the human mind making it creative, giving confidence, and bringing happiness. Love is a beautiful emotion.

Josephine Musenda

Love is to be strongly attracted to someone emotionally. There are many different types of love including eros which is love of the body, Philia which is love of the mind, ludus which is playful love, agape which is God's love towards us, philautia which is love of self and lastly the parents love towards their child.

Love is intelligent, awesome and creative. Love builds and brings people together bringing happiness. It brings beauty to the environment, creates peace and harmony making people want to stay in it. Love reduces evil and makes the world a better place.

Elizabeth Mwenesi

Love is a deep feeling of affection for somebody or something while power is the ability to control people or things. The power of love refers to the impact that love can have.

Love is patient and kind. It is not rude or arrogant. By loving others we allow peace to reign which in turn ends tribalism and even corruption. Love also reduces death for it ensures that no one is left all alone and lonely which is one of the causes of suicide. Love enables us to embrace those who are disadvantaged in our society instead of looking down upon them. Love makes us remember to care for the orphans, the senior citizens, the poor and all fellow citizens.

When the power of love overcomes, the whole world will know peace. Fellow citizens, let us love one another.

Millicent Boke

22

Love is a strong feeling of attraction towards someone or something. The ability to control people is referred to as power. Love brings peaceful co-existence between people in a society, it brings security. Love for the environment helps ensure that we take care of our environment. We plant trees and take care of our wildlife so that we attract tourists. Love can make bring change even in the most unlikely of people. Love yourself so everyone else can love you.

Moraa Wilkister

23

Love is a strong feeling for when you like someone or something. With love we share each other's sorrows and joy. God loved us so much that he sent His son Jesus Christ to die for us on the cross for our sins. A human being cannot do that.

Love brings unity, kindness and peace. It brings people together and makes the country good. Love makes people kind to each other, there is no violence in such a situation. True love cares.

Moureen Kadenje

24

Love is an emotional and mental state. There are many different kinds of love and all begin with Agape which is the love that God has for us. There is also love of the body, love of the mind, platonic friendship love, brotherly love, longstanding love, love of the soul and love of the child. Where there is love, there is peace.

Nancy Ngii

25

Love is a strong feeling of affection for someone. It is manifested in different forms such as parental love, teacher's love, sexual love and best of all Agape love.

When someone loves you, they do their best to meet your needs. They can buy you what you need, give you advise and guidance on various issues and even discipline you when you make a mistake. The discipline helps to correct you and put you on the right path in order to become everything you desire to be. Parents show their love by providing books, clothes and food for their children.

Love brings people of different affiliations together. People of different tribes marry because of love and this promotes cohesion in the society.

Love is a good feeling.

Ogutu Celetine Atieno

26

Love is a strong feeling of affection towards someone. It brings good feelings as can be witnessed by two people in love. They say nice things to each other and treat each other well. Love brings forgiveness where one has been wronged, and it can also change someone from having bad behaviour to good behaviour. Love does not envy but wants the best for those they care for. Love yourself always.

Sharline Nyales

27

Love is a beautiful gift given by God to humanity. There is parental love where a child is loved by their parent, teacher to pupil love, pupil to pupil love and finally the Agape love.

How we treat each other will show the level of our love we have towards each other. Where there is love there is caring, there is helping and it is a good feeling. Love bring people together, and promotes peace. Where there is love, even enemies can reconcile and be friends.

Love is also dangerous and can cause death if not handled well. This can happen in a case of betrayal especially between a man and a woman.

Love should always be used to bring peace.

Rose Atieno

28

Love is a strong feeling one gets when they like someone very much. Love makes one very interested in the other person and also makes them happy.

Love brings various things such as unity, peace and faithfulness. Where there is love, peace rules for there is no fighting and no violence. A society full of peace makes people live together in unity. A people united are a people that stay faithful to each other.

Let us love one another.

Rosevivan Auma



Love is a strong feeling or emotion that one gets towards something or someone. It can cause laughter or tears, can make one happy or sad. For most people love is a beautiful thing.

Love is said to be blind, and indeed it is. People in love do not see each other's weaknesses. They tend to see only the good and positive side. They enjoy spending time together and laugh a lot. They share a lot and feel like they are on top of the world. When all goes well, such people marry and bring up happy families.

When a betrayal happens in such a situation, the love gets destroyed. People feel very miserable and such people easily feel that there is no longer a reason to live.

Love is therefore a very powerful feeling that can build or destroy.

Roselidah Eira

Love is a strong emotion towards those one cares about. Love exists between husband and wife, children and their parents, between siblings, between friends, between relatives. Love brings people together.

Power is the ability to control people. If used well, power can bring positive change in a society, but if misused it can destroy a society.

Let us all use our power with love.

Triza Akinyi

Love is the greatest commandment in the world. Love can heal the sick and change the world. Love is the most important thing in our life. Without love nothing is possible in the world. Love joins religions, tribes, and families. Love helps those who are in need.

Love is an important part of our families and lives. Love can make people happy now and in future. It makes people feel encouraged and cared for by others. It gives us passion.

Love can sweep away every hatred and jealousy and bring happiness. It helps people cooperate well with others with good behavior and manners. Love can easily turn many tears into joy.

Love changes sadness into happiness. Love is a beautiful thing made by God and helps everybody. Many people in the world are filled with love in their hearts.

Love makes people look very beautiful. Love can make you consecrate yourself and everything in your body. We should believe in love and have hope. Love is a small word but is very important in our lives.

Love is the greatest thing in our lives.

Shalyne

What is love? Love is simply a strong affection towards someone or something. This affection has the ability to change the world hence term “the power of love”. Love comes from above, and one must start by loving themselves for charity begins at home. A mother’s love begins while the child is still in the womb and when they are born they feel that love and are happy.

In school we love one another, and our teachers ensure that we learn. Love can change anything, it can change one’s situation and circumstances. One can move from being nothing to something. With love there will be no conflict between us and our friends. To avoid what we are going through in Kenya all we need is love in our hearts. Love is the key to peace in our country. With love everything is possible because the power of love is at work.

Sharon Mmoji

Love is a strong feeling one has when they like someone very much. We should love ourselves and love others too for love makes us all beautiful. Love brings us unity, peace and harmony. It helps us live together well in our villages, places of work, estates and in the country. Corruption will not happen where there is love because the Christian values will be in place.

Let us all love each other.

Sharon Nyakowa

Love is a strong feeling towards something or someone. The power of the feeling is shown by the energy behind the feeling. When the energy is strong, then the love will never break for it is strong.

Love is something special to be held closely and handled carefully by the one who is loved. Love can bring laughter or tears. It can be a source of joy or pain. Love brings positive feelings when it is between two people who love each other. When love is rejected, it can cause depression and negative thoughts. In cases where love is rejected, it is best to get away from that person so as to avoid getting into a depression.

Love is therefore a very powerful emotion.

Susan Njeri

Love is the greatest command in the Bible. It is a strong and powerful feeling that cannot be controlled. Love cannot be measured or counted for it is like the stars in the sky. In it there is peace and unity and no tribalism or corruption.

There are different kinds of love, and none of us can live without love for without it we shall have no peace. I pray to God for Kenya, that we may have peace as we used to in the olden days. Let us all live in love and unity.

Yvonne Erine Achieng

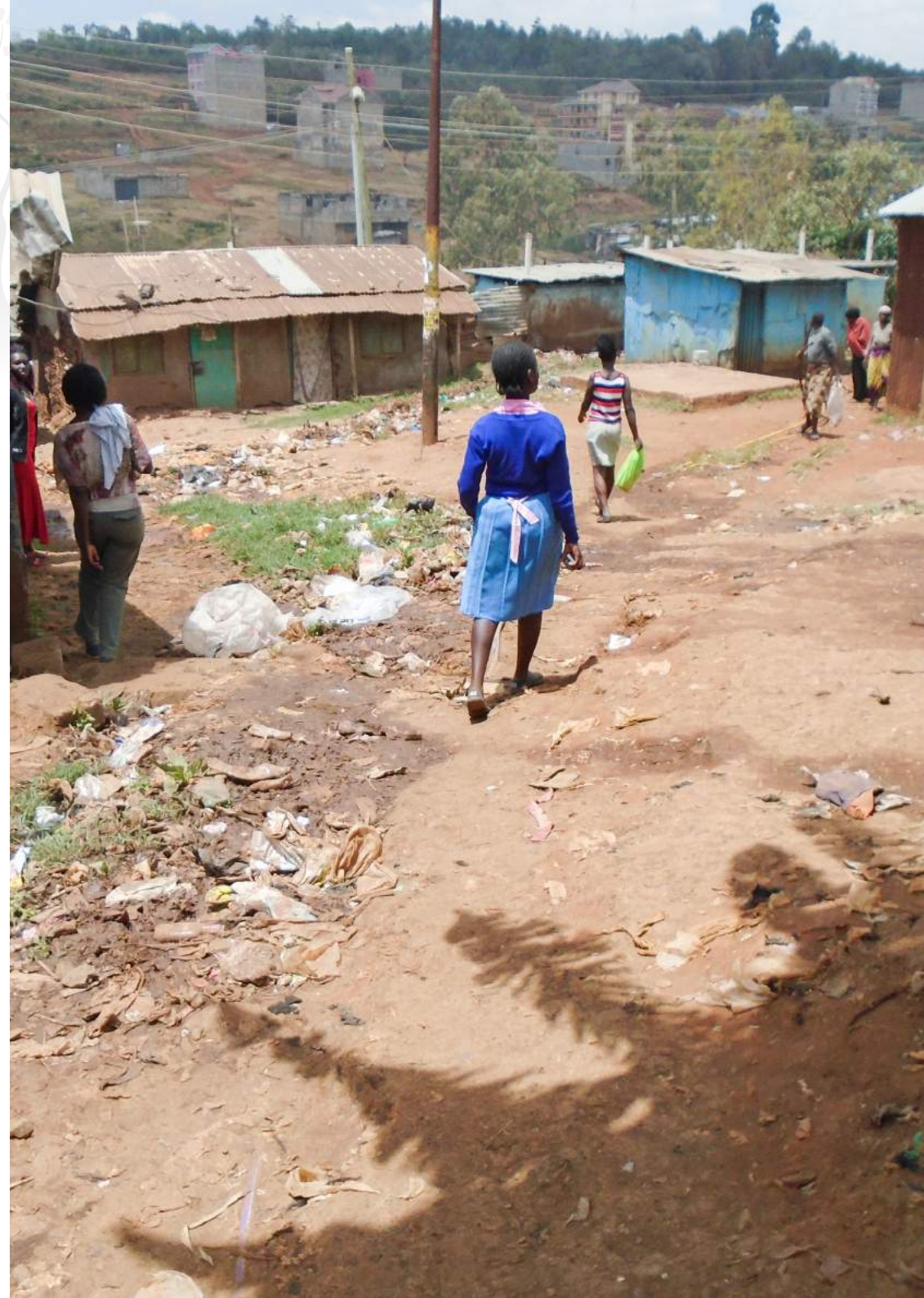
Love is a strong feeling of affection towards someone or something. Love can do wonders in the family and the society.

Love brings together people of different tribes; it allows for inter-marriages and creates relations with people of different cultures. Love also promotes peace among people of different political backgrounds. It helps them talk and agree to disagree in a good way as opposed to fighting.

Love can bring happiness in a society by bringing harmony among the people. With love comes patience which allows people to take time and understand each other's point of view before making any judgment. If taken for granted, love can hurt and even lead to death as seen in cases of betrayal between a man and a woman.

There is also parental love that never ends, and pupil to pupil love where pupils help each other to study. With love we can live as one people and one nation.

Zubeidah Wanga



37

Love is created by God and is a beautiful thing that we feel for someone. When we love someone we can do anything for them.

My parents loved each other and got married and that is how I came to be. Everybody in the world will love someone. Love brings peace and makes us live in harmony with our neighbours. Let us love our neighbours as we love ourselves. In this way God will bless us and give us more days to live.

Alice Nina

38

Love is a strong affection or emotion towards somebody. I am the love of my parents and I love them very much. I see the love from my parents when they get me what I need such as giving me food, buying me clothes, and paying my school fees. I thank God for them.

My teachers also love me and I see this when they teach me and make sure that I understand what they are teaching. They also give us guidance and counselling which prepares us for exams and a future. Lastly I know that my friends love me. They help me to solve difficult questions.

Love is very important for it unites us all.

Asha Hasam

39

Love is the greatest command from God. It is a strong warm feeling of liking someone or something. Love does not choose age, size, height, or religion. The world would be a miserable place without love.

Long time ago there was a beautiful girl living in a village called Mwembe Tayari. She was called Anita. Anita liked to help people, especially the disabled as her parents were also disabled. They were poor, but she always did what she could to help others.

One day as she was out grazing the cows she saw a young man playing a flute. He was not from around there and Anita wondered who he was. As she stood there, a snake came and bit her. She screamed, and the young man came to her rescue, then escorted her home. The two became good friends and met often.

One day Anita arrived home to find the young man helping her mother around, her mother was blind. He decided he would build them a house which he did. He even got treatment for Anita's mother to restore her eye sight. Anita's parents were very happy with what the young man did for them and thanked him. He told them he wanted to marry Anita and they agreed. The young man came from a wealthy family and his mother was against the marriage because Anita's family was poor. However, the young man married Anita and went to live with her in another country. The young man had true love for Anita.

Caroline B. Atieno

Rukia lived with her parents in a little village. She liked to play outside their hut while her father was out hunting, and her mother was out in the forest collecting berries. Her father was a hunter, and he sold what he hunted and used the money to buy food for the family. Her mother would also take the berries to the market to sell and get food.

One day Rukia's mother never came back from the forest. The next day she found her father very sad and he informed Rukia that her mother had died while out in the forest. This was very sad news. After the burial life had to go on. Rukia, though little, had to take over her mother's chores including getting berries from the forest. Life was hard. On some days even her father did not catch anything and they would all go to bed hungry.

One day as Rukia struggled to sell berries, a well-dressed lady came to her and asked her what she was doing. Rukia told her what had happened and how she missed her mother. The lady asked Rukia where her home was and they went there. The lady talked to Rukia's father and asked if he would allow Rukia to go and live with her and she would care for her as a mother. Rukia's father agreed and they left.

From then Rukia lived like a princess. Her new mother took good care of her. She worked hard in school and got good grades and later on got a good job. She built her father a big house and supported him all through.

The love the stranger showed Rukia changed her life forever.

Caroline Ngema

Love first began with God our creator when he gave his only son to die for our sins so that we may have eternal life.

In a family a woman portrays true love. A woman can live with a man funny character and even do odd jobs to support her family. Women persevere a lot to provide for her children.

In the community, Polycom under the guidance of Madame Jane has given us direction, skills and even sanitary pads and detergents. These help us to remain clean and comfortable while in school. All this is because of the love she has for us.

My prayer today for all Kenyans is that they will obey God's command to love one another as yourself because we are one people, one nation, one Kenya. May God bless us.

Diana Achieng

Love is a beautiful thing and its power is like magic. Love can be towards man, animals, nature or other things of interest.

People like doctors, teachers, nurses, social workers serve others because of love. The game wardens and game rangers serve the animals out of love. Caring for our trees is also done out of love. A mother's love helps her go through the pain of having a baby. Love one, love all and Kenya will be a better place to be.

Divina Moraa

43

In a certain village in Ruaka, there lived a man called Kazamoyo. He was very poor and used to hunt for food in the forest. He did not always get something eat; some days he came back empty handed.

One day whilst in the forest, he came across an abandoned baby. Someone had left a two-week-old baby alone in the forest. He took this child home and cared for him. Whatever little food he got, he shared with the baby. He called the boy Tarumbeta.

Tarumbeta grew to be a fine young man exceling in whatever he put his mind to. He stood out in sports, in choir, and was a top student in academics. Tarumbeta was truly blessed. His good scores took him all the way to university and got him a very well paying job later. He gave his father the whole salary for the first month in appreciation of what Kazamoyo had done for him. While on his death bed, Kazamoyo's last words of wisdom to Tarumbeta were to always help the needy, and to plant a rose on his grave. This Tarumbeta did faithfully.

We see how the power of love changed the course of life for the abandoned baby.

Dorcus Kemunto

44

Love is a strong feeling towards someone, and power is the ability to do something. We need to love one another in order to build a strong society.

We can do this by helping the less privileged in society by providing them with food, clothing and even shelter. When we say we love one another, we must show it by our actions.

Efficance Beverly



45

I woke up one Sunday morning not feeling well. I was a bit dizzy. As I sat waiting for my head to cool, my father stormed into my room holding the day's newspaper which had a picture of me dancing on the front-page. He was very angry and would not let me explain anything. He threw me out of the house, and I left with nowhere to go. I went to the streets and sat as I wondered what to do next. I was very hungry, and angry too, and no money, not knowing where I would go. What would I do? I asked myself.

As it got dark a lady came towards me and asked me what I was doing in the streets. I told her what had happened, and she offered to let me go to her house. There I showered and had a hot meal. She then told me that I could stay as long as I wanted. She showed me love, she was a true friend.

Elizabeth Anindo

46

Power is the ability to create impact while love is a strong feeling towards someone or something. Our society has many different groups of people that we need to show love to.

The groups include the poor, the sick, the aged, the orphans, widows, and the disabled. As a society we should provide them with food, clothes, shelter, medical attention, and other things. We should help them. Let us learn to love one another and build a happy nation.

Britney Aluoch

47

Love is what you feel for someone. Love brings people together and they can never be separated. The love in our country allows people to marry from different tribes. It brings peace and unity in nation.

Arguments get resolved well where there is love, unlike what we see when we have elections. Love your family and neighbours for love is what will bring our nation together.

Claire Khagoni

48

Love is a feeling you have for yourself and your family. My parents love me very much, they provide for me and pay my school fees. I love them very much, and my sister too.

Sometimes my mother takes my sister and I to the animal orphanage to see animals. We really enjoy these going out together. One day I told her that I was going to write a composition about the power of love. She asked me what love is and I told her it is what I feel for my family.

The next day my mother gave me money to buy myself an exercise book. She also bought for me text books for English and Maths. My father also bought for me new shoes and a pair of socks. I am a very happy girl and I really love my parents and I know they love me very much.

Esther Ingaiza

Love is a feeling that one expresses in his or her mind that one cannot see. There are many different types of love such as between pupils, brothers, boy-girl relationship, parental love, girl to girl, boy to boy and others.

Love can bring peace in the community or country, happiness among people, forgiveness, and freedom to visit any part of the country. If you want to know if someone loves you they must express their love to you. They can do this by taking you out on a date or helping you for example with your homework or assisting you if you have problems.

There were two friends who loved each other. One was called Zeinab and the other was called Neema. They shared everything including clothes, food, bags, and even shared a bed. They were as close as the nose and mouth. But one day a quarrel developed over some clothes. They fought and both got injured. They stayed without speaking to each other for many days. But eventually, the love they had for each other took over and they forgave each other and continued their friendship. Love is powerful.

Emily Atieno

Love is a strong feeling of deep affection for someone especially a family member or a friend. An environment full of love produces very happy children. A country full of love has peaceful people living together in peace. Where there is a lot of love, there is a lot of power.

Ivy Undisa



It was a sparkling spring morning. The sun's rays penetrated into my bedroom. Birds could be heard singing melodious songs up the trees while the monkeys chattered and jumped from one tree to another. The butterflies were flying up the sky making the environment beautiful and attractive.

I took my towel and went to the ablution block where I took a cold shower that left me with the sweet scent of soap. No sooner had I entered my bedroom than I started smelling the aroma of breakfast calling me from the dining room. I wore my dress which was as white as snow and my new shoes which were glittering like gold. The mirror didn't lie to me that I was spick and span.

My strong energetic legs walked me down the stairs proudly like a peacock and I felt like I was walking on air. My beautiful and loving mother prepared a delicious meal which was as sweet as honey. I ate to my fullest which

made me feel as full as a python which had swallowed a goat. In the nick of time everyone was ready. I bid our house maid goodbye and finally left.

My parents were heading to work as they dropped me at my aunty Tarah's place. She welcomed me with a warm hug while my uncle welcomed me with a cheerful smile. I walked into the house majestically where I found my cousin watching a movie entitled "the Titanic". I joined her and we continued walking.

In a spur of time my aunt called us from the kitchen and told us to go to the dining room. Lunch was a well friend chicken with rice and pineapple juice. After taking lunch, the house maid came and cleared the table as we left for swimming in a pool which was within the compound. As we were still swimming darkness crept in slowly and we had to go back to the house for dinner. Dinner was also a well prepared meal. I went to bed and called it a day.

Days turned into weeks and weeks turned into months. Everything was going well. Staying in my aunt's place made me feel as happy as a barren woman who has given birth to two bouncing baby boys. One day, things became unusual when my uncle came home boiling with anger as he held a magazine with my face on the cover. The news was that I had been a truant in school and so the police had been looking for me.

Guilt and concern flowed through my veins since I was now a culprit. I thought this was a string of lies. Meanwhile my parents also heard the same news. I imagined the kind of well calculated floggings I would receive on my sitting apparatus when my mother arrived in my aunt's house. Since my mother was a disciplinarian I knew I would see her true colours that day. Within two shakes of lamb's tail I heard a knock on the door.

When the door was opened I saw it was my mother. That was the time I wished the ground could open up and swallow me alive.

My mind remained in sixes and sevens. My uncle and aunt decided to send. Meanwhile my father swore to kill me if he smelled me anywhere near his compound.

No one listened to my side of the story. I was left aimless and homeless. I had neither food nor water to drink. I had to join other street children and face the same difficulties they were facing. That was when I wished I had respected my harsh mother but then, if wishes were horses then beggars could ride.

One fateful morning as I walked down the street, I saw a beautiful lady and I decided to talk to her. When she looked at me I was surprised to realize that it was my elder sister who had been married two years earlier. Tears of joy rolled down my rosy cheeks like a river which had broken its banks. They really formed a wonderful number eleven. She decided to take me home with her. I started a new life with my sister and that day remained in my heart. I will never forget it till the Indian Ocean changes into a desert.

Esther Sarange

I woke up one day determined to go upcountry to visit my grandmother. I did not have enough fare, but I was determined. I decided to walk part of the journey and take a bus for the rest. As I walked I came across robbers and they stole the little money that I had. I was now even worse off as there was no way I could walk all the way to my grandmother's.

Luckily for me, a kind stranger took pity on me and gave me fare and I was able to take a bus and go to my grandmother's place. I was very happy for what the stranger had done and I know that we should always show love even to people we do not know.

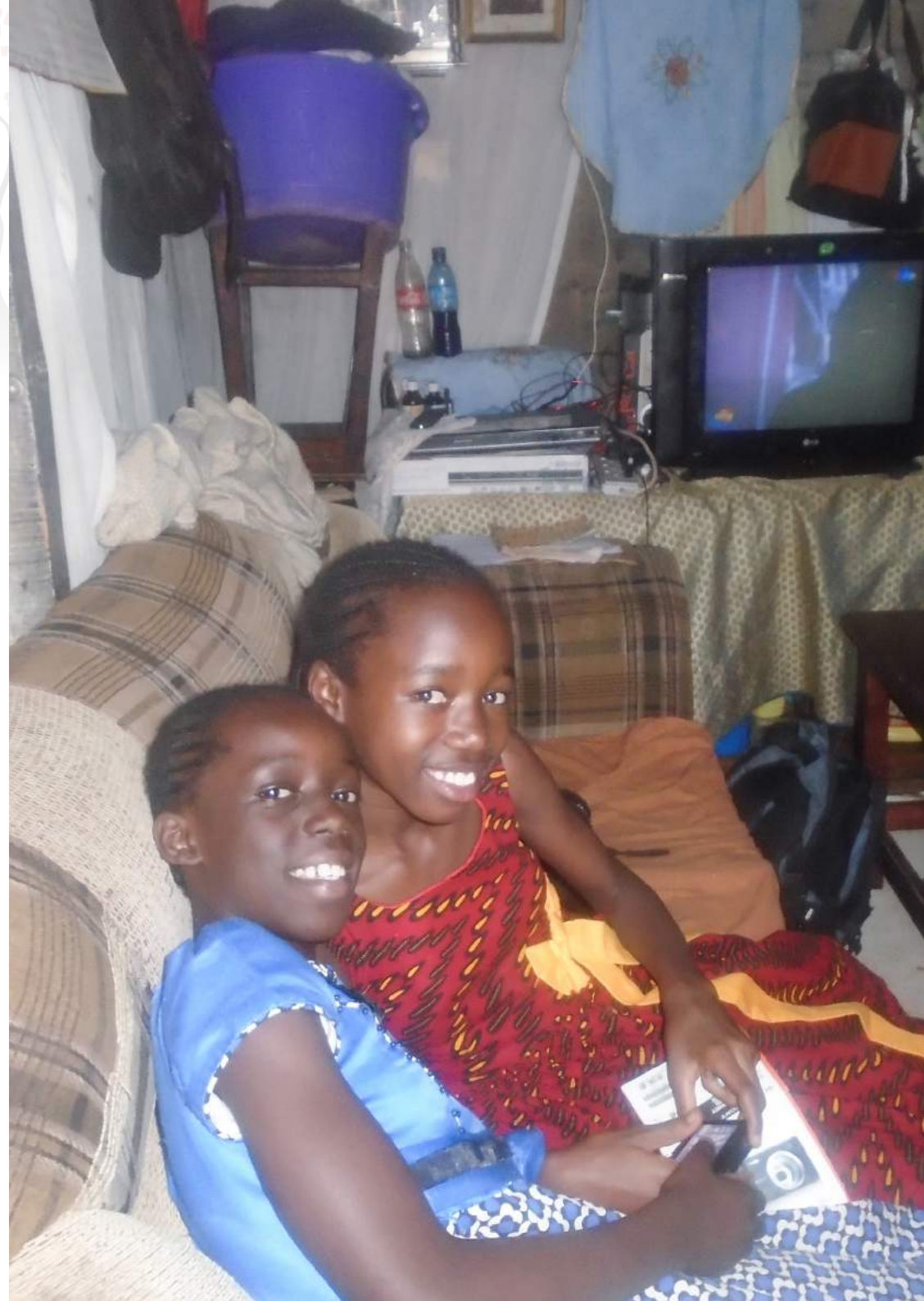
Euphemia Awuor

Love is a strong feeling towards someone, also a feeling one has for their family.

One hot afternoon as I sat on our front porch eating ice-cream, my sister Ivy came and joined me. Soon afterwards my mother joined us and we all sat there enjoying our ice-cream as we talked. Soon we heard the front door banging shut and in walked Nancy. She said hello to all of us and pointed out to mum that she had spilled ice-cream onto her shirt. Nancy came and sat down just as my mother was getting up and telling me to go in and do my math homework.

"Hi Nancy" I said. "Hi", Nancy responded, though not in a very friendly tone. She went on to remind me to go do my math. I noticed that her hair looked different.

Faith Atieno



54

Love is an intense feeling of affection and care towards another person or towards something. One can do anything to protect that which they care for including killing.

When one loves something, they guard and care for it very closely. When a person loves another, they guard them jealously and plan to never let them go. When people fall in love they are happy and can live together happily for the rest of their lives. However, if one betrays the other, this love can lead one to even kill. Love also allows for forgiveness, so even in a case of betrayal one can still forgive and live happily.

Love in a community makes people to leave together in peace. All misunderstandings are settled in a peaceful way without any fighting.

I urge all to love one another, and especially parents to love their children and teach them what love is.

Francesca Chepkoech

55

Love is a strong feeling towards someone, and I love my parents very much. They take care of me by ensuring that I am fed and clothed, they teach me life skills, treat me well at home and ensure that I get an education. I know that they love me very much.

I love my teachers too for they take care of me in school. They teach me to read and write and answer all my questions. I can write this essay because of their teaching, and I say thank you.

Seline Atieno

56

Love is a strong feeling that people have towards each other. This strong feeling can make people do many things.

Lack of love has led to a lot of deaths because people kill each other because of disagreements. People of different tribes disagree and fight causing death. With love we will live together in peace and have a strong country.

Love causes us to care for those who are unable to take care of themselves. These are the sick, the elderly, the orphans and even the widows. Love is beautiful and causes a boy and girl to marry and have children. Where there is love, there is happiness. Let us all have brotherly love towards one another and have a healthy nation.

Joyce Mwanzia

57

Love is a strong affectionate warm feeling towards something or someone. Power is the ability to do or act accordingly. The power of love is the act of showing care and having a positive influence in other people's lives. Many different people in our country need love.

We show love to strangers by welcoming them to our home. As a country we can welcome refugees from the neighbouring countries and make them feel at home. Allowing inter-marriages allows different tribes and cultures to mix and learn more about each other. Those with disabilities need our love too, both physical and emotional love. The poor also need our love. We can provide them with food, clothing, shelter, school fees and other things.

In order to prosper, we must have love.

Leah Doreen

Love is a mystery, even the scientists cannot explain it, it comes naturally. A lot of people have dedicated themselves to do acts of love.

At Kenyatta hospital we find Dr. Mwamburi who does all he can to save patients. At Hope Academy there is Teacher Phanice who encourages pupils to be good people and responsible citizens in the future. In the community is Mr. Kamau the shopkeeper. He serves his customers with a lot of love. These are all examples of what love can do. Let us all allow the power of love to work in us.

Linah Mideva

Power is being strong while love is a strong warm feeling of liking somebody or something. Love can be blind for it does not choose who it affects.

Love for a country brings peace to such a country. It helps people to solve matters in a quiet manner without fighting and they then live in harmony. Love also makes us care for the poor, the orphans, those abled differently, the sick and others. We help by giving them the basic needs such as food, clothes, shelter, medicine and other things. When there is love in a family, there is peace, and happy children. Love between a boy and girl can lead to bad behaviour such as sex, which leads to pregnancy then dropping out of school. I encourage all girls to choose wisely.

Mirriam Munah

Power is the ability to rule something or someone or create influence either positive or negative. Love is a strong feeling about something or someone. The power of love is the influence created by this strong and affectionate feeling in our society. Love is a powerful virtue and can be seen in many ways.

Love is so powerful first of all because it is the greatest commandment given to us in the Bible. We must love each other whether friends or enemies. This will reduce hatred, disagreements and even deaths as all will live in peace and harmony. Love will help us care for those that cannot care for themselves such as those living in areas where there is drought like in Turkana. Love brings peace because it destroys tribalism and brings people together. Through love we are able to take care of the orphans by providing them with food, clothes, shelter, school fees, and other needs. We can stop tribalism because of love and accept to work together as Kenyans. Love also helps us in hard times like if one is an orphan and they want to study they can get help with school fees and food so that they continue their education. People who are HIV positive can also be given hope.

Love can help us to achieve our dreams and have a better future.

Mildred Eminza

Power is the ability to do something while love is a strong warm feeling of liking somebody or something. Love is a powerful feeling.

One Friday morning, I woke up early, got out of my comfortable bed and went to take a bath. As I bathed I heard a loud noise coming from outside the house. I rushed to peep through the window and realised there was a demonstration outside. I dressed very fast and rushed outside. There I found a man that needed help as he was badly injured and could hardly walk. I helped him back to our house and gave him some tea. I told him he could rest as long as he needed. He stayed for a few days then left when he was well enough for he had missed his family.

That is a time when I showed love and did what was within my power.

Nancy Ondieki

Love is a strong feeling that makes someone feel special and different from others.

A stranger showed love to a little street girl that he found in his car. He took the child home and together with his wife, decided to nurture her and take her to school. The little girl worked hard in school despite the ridicule that she faced because she was originally from the streets. She went through school, exceling all the way to university and later got a well-paying job. The love that stranger showed this little girl is what changed her destiny.

Rebecca Micallah

One day I decided to leave my home for good. That day I woke up very early as a cock. Not to crow but to prepare myself. My parents were still deeply asleep. Birds were singing their melodious songs while monkeys were chattering happily. The dew on the grass was shining like broken pieces of mirror exposed to light. The sun was shining on the eastern horizon.

Within a twinkle of an eye I crawled into the ablution to take a shower which left me with the scent of soap. After taking a shower I walked majestically into my room. I slipped in to my long blue trouser a white blouse. The mirror did not lie to me that I was spin and span. After that I combed my long shiny hair and tied it at the back with a golden hair clip that my mother had bought for me in Rome. Thereafter I said good bye to my kin and kith who were as playful as kitten. I walked very slowly because hurry hurry has no blessings.

Within a fraction of as second I was at the bus stop. There were crowds of people ready to get into the bus. Their faces showed happiness. How I wished I could have been as happy as them! But then the proverb says that if wishes were horses beggars could ride. I walked into the bus with my mind full of questions. In the bus, things went on well. Trees were moving as though they were people. Passengers talked and laughed loudly showing off their white teeth. I tired tooth and nail to be happy too but I kept thinking about my parents at home.

A friend in need is a friend in deed. I heard a very soft voice coming from behind me. I couldn't imagine someone talking to me. I had an electric like excitement. When I turned I realized it was a young lady. She wore a very short black dress. Her face was shining like a broken mirror. I could not believe my eyes. My eyes were almost coming out of their sockets. My heart was beating in my ears. She asked where I was

going. She decided to take me to live with her. I was as happy as a lark. Tears of joy rolled down my cheeks.

A stitch in time saves nine. Soon we were in town where people were as busy as bees. They were walking up and down. My mouth was left wide open on seeing the crowds of people. The young lady held my hand tightly as we walked along the streets. I was very tired because of the long journey. I could see children playing happily. I couldn't believe that my dream had come true. My heart melted with happiness.

Within a short while we were in a very big compound which looked like a green carpet covered with a bouquet of flowers. I tiptoed to the house feeling as happy as a sand boy.

My mind was lost by the things I saw. Just then I heard a voice behind me. "I brought you here to be my maid", the young lady said. I could not believe my ears. I thought I was day dreaming but no, I was not. That is when

I remembered the saying that all that glitters is not gold. Anger blocked my throat. The next day I woke up very early and went to the kitchen and started preparing breakfast. The sea breeze felt as cold as snow.

One day a great idea came to my mind. I decided to write a letter to the children's officer about my child labor. By the will of God the letter reached to the labor officer. The very next day I heard a very loud knock on the door. I run as fast as a deer to open the door. I was surprised to see a children's officer as the door. He advised my boss of the danger of child labor. The children's officer decided to send me back home to my parents. I was as happy as a barren woman who had given birth to two bouncing baby boys.

Odhiambo Vallery Atieno

Power is the ability to be strong or able to do something, while love is a strong feeling. Love helps us understand each other. The power of love is seen when we show love to different people.

Different people in society need love. These include orphans, the elderly, the poor, the sick and those abled differently. We should provide them with food, shelter and clothing and give them equal opportunities of employment. Doing all this will make the people feel loved, appreciated and we shall have a happy nation.

Ritah Awino

Love is a strong feeling of constant affection for a person, maybe a parent or a friend. It is the greatest gift given to us by God to share with everyone. We have six types of love; eros love, ludus love, storge love, mania love, agape love, and pragma love. All these exist in at different times.

Love brings happiness to a family, a society, a nation and even oneself. Christ showed us great love when He died on the cross for our sins. He ordered us to love our neighbours as we love ourselves.

Love is intelligent, creative and awesome. It brings happiness, respect and development. Where there is love people do not fight or quarrel because love brings peace. Love makes us help the sick, orphans, the poor and others by providing food, clothes and other needs. Love brings beauty to an environment. Let us fill our Kenya with love.

Veronicah Mwende

66

Everyone in the world knows that love is great. Without love people hate each other. People fight here and there because of lack of love. You can love yourself, your sister, your brother, your neighbors and even your parents. When we love each other the world will be great. Sometimes people can fight because they hate each other. In the world people are fighting due to lack of love. When children love each other they pass exams. When you have hatred you can't pass exams.

Love is the greatest commandment. When people love each other nothing can go wrong. Children that are loved perform well in school. The power of love is the greatest thing ever.

Tracy Whitney

67

We all know that love is the greatest command in the whole universe. Love is strong and it can heal people who are disabled and improve their lifestyles. Without love nothing is possible. Our nation is fighting and blood is shed because of our political candidates. But love can bring good memories to remember in our lives. When we love one another even God will love us too. Every girl has a right to know what is right and what is bad for her. There are programmes that can help girls who are in problems. Love makes people real with each other. God loves all of us. Girls have rights, and there are programmes that help the girl child to know her rights. I would like to thank Miss Jane for being there for us. Thanks Polycom.

Valentine Anjela



68

Love is a feeling that everyone needs in their life. Love exists between many people, parents, friends, relatives and even strangers. People can love each other even across continents.

The Bible commands us to love one another. Love not only those who love you but also those who do not love you. One never knows who may come to help them in case of an emergency.

Love is a feeling that brings people together for a common cause. Such causes include helping the needy through donations such as of food and clothing, helping the sick by providing nutrition and medical care, building hospitals and children's homes. All this is for the betterment of the society and a response to God's command to love one another.

Love leads us to live together peacefully. Love helps us respect each other's cultures, beliefs, and even political affiliations. Where there is love, there is security because all disagreements are discussed and solved.

I call upon all Kenyans to love one another and spread love wherever they are.

Ruth Muirui

69

Love is a very important thing in the community, in school and at home. Without love we are nothing before the Lord. Conflicts and disagreements develop where there is no love. Love promotes equal opportunities for all. We must show love to all and treat all people equally. The Lord Jesus the son of God, showed love by healing the sick. We too must show the power of love.

Jackline Triza Auma



70

Love is an intense feeling of affection and care towards another person. It is also a deep liking of something. Love can understand someone without having to talk. Love offers protection and heals.

In a society, love creates a peaceful surrounding and people are able to live together in unity and harmony. This brings prosperity to the community. Jesus told His disciples to love their neighbours as they love themselves. In John 3;16, God so loved the world that He gave His only son Jesus to die for us.

Love is transformative and restores hope. It makes people have hope, focusing on the positive side of life. It makes people feel good and happy. Love is a good thing.

Nicole Achieng

71

Love is the greatest commandment in the world. If you love one another God will love you too. Love brings blessings and peace in the world. It removes hatred. God showed us His love when He sent His only Son Jesus to come and die for our sins.

Some people out there don't love because they are full of hatred. They start fighting but they are the ones who get hurt. If we loved each other would not fight. Hatred brings hurt and death. We should replace hate with love.

I commit not to hate but to love others. I thank Polycom for taking care of girls and giving them what they need. I am happy with the International Girl Child Day and thank Polycom for all their support.

Ashline Apiyo



72

Love is a strong feeling one gets when they like someone very much. People that have this feeling come together to discuss unity, kindness, peace and other things. People filled with love are happy. God loves all of us very much. When you love one another, you are kind to each other. God told us to love our neighbours and treat them as our brothers and sisters. With love we will all live in harmony and agree on a lot of things. Let us love one another.

Lynne Angel

73

Love is an intense feeling of affection and care towards another person. Love brings happiness and keeps away hatred. It is a very powerful emotion and can melt away any ice. Love keeps away stress and worry, and it makes us feel special and makes us trust one another. When we love each other, we are blessed by God for God is happy with us. Let us build a nation of love and we must start in our homes.

Joyce Mbithe Justus

74

Love means being very strongly attracted to someone emotionally. It means caring deeply for someone. This is common in families where the members take care of each other. In a society where love exists, the people come together in peace and harmony.

God loves us very much, he created us and wants us to love one another. Let us all love one another and live happily.

Sharon Mahanja

75

Love is the temple of God and Christians should not be involved in anything that is not pleasing to God. Love is also very important to Kenyans. Love began with God. There is a verse in the Bible that says “Love is patient and kind, it is not jealous or conceited or proud, love is not ill mannered or selfish or irritable, love does not keep a record of wrongs, love is not happy with evil but is happy with the truth, love never gives up, its faith, hope and patience never fail”

Parents love their children and take care of them. I love my mother very much because she takes care of me. I will work hard in school so that when I am big I can help orphans. I thank God for my mother.

Sheryl Anyango Otieno

76

Love is a strong feeling between two people and it is natural and beautiful. We all need to love our family and our neighbours. The bible tells us to love our neighbours as we love ourselves. I love my parents and they take care of me, giving me everything that I need. Many years ago my parents met and loved each other and later got married. Love is a beautiful thing and it is the greatest thing in the world.

Vallary Kerubo

We all know that love is the greatest command in the Bible. Without love nothing can happen in the world. In the beginning God created Adam and Eve in the garden of Eden. Because of love they multiplied. Love makes the impossible possible. With love you can forgive someone who has wronged you.

Without love strange things happen like the way people are fighting in Kenya. Some have even lost their legs, hands, eyes, and others have even lost their belongings. I personally love myself very much. I believe that I am beautiful. I don't like fighting because of love. I am hard working. I like reading very much so that one day I could fulfil my dreams. I pray to the almighty that one day He can bring showers of blessings into our lives.

I want to thank the programme that supports the African Girl Child very much. They will be blessed.

Pauline Trizah

Love is a strong emotion and feeling towards someone. Power is the ability to control people. There are different types of love, and I think one should love themselves first before others can love them. Self-love can be seen by how one takes care of themselves.

Juliet Mutunga



79

Self-love is very important. Love is a powerful emotion which must start with self-love. When you love yourself, you take good care of yourself and are able to do the same for others. You also allow others to love you just as you love them.

Metrine Jendeka

80

Love is the strong affection towards something or someone. Love comes from the Most High God and it has the ability to change the world. Love yourself first, then love others.

The girl-child can change the world. Love yourself so that this love can spread to others too. As the world celebrates International day of the girl-child, it also shows the improvements that have been made for the girl-child. These include empowerment, education and a violence-free environment. Girls have been taught to be assertive, to stand firm and overcome challenges. There are mentors who walk with the girls to build their confidence.

A mother loves her child unconditionally despite the pain she goes through during child birth. She never gives up on her child. Girls must love themselves and work hard to achieve satisfactory results. This will earn them respect and change their destiny. With the power of love nothing is impossible.

Marryannie Alulu Injendeka

81

Love is the feeling of affection that one feels towards somebody or something. People handle love differently, some even get overwhelmed by it and commit suicide. It is a very strong feeling.

For many, love is serious. As a young girl living in the slums, I have experienced and learnt to control the power of love. Love can control one and even affect their thinking and also their decision making. If handled well, love is the most beautiful thing in the world.

Falling in love is not bad. Sometimes one must sacrifice a lot for the sake of love. Love is expressed through actions, even more than words. Sometimes one must even give up something that they love for a greater good. This means that they let go of the control that love has over them. When I first fell in love, it was an amazing feeling for me, it meant everything to me. But I was a young girl and I had to give that up. It was not easy, but I did let go of the power it had over me.

The more one admires what they love, the more power it has over them. We can no longer control it. Many give up on love because of what they are shown by their “loved” ones. People fall victims of this control, girls even give up school because of love.

I therefore encourage my fellow young girls that despite love being a beautiful thing, we must not allow it to have power over us.

Jackline Mwongeli

82

Love is a strong warm feeling of liking someone or something. It involves a lot of affection. One can love themselves and also love others. I love myself and always take good care of myself. I also like to care for others.

Kheseli Faith

Love is a feeling of affection towards someone or something. It is a feeling that can lead to jealousy and even death sometimes.

There lived a young man named Max. Max met Catherine and fell in love with her. He would take her to a lot of places and they would just enjoy themselves. Max taught Catherine to dance and would take her dancing as he loved dancing. With time Catherine also fell in love with Max and the two planned to get married.

Things did not go as planned. Max had a brother who wanted Catherine for himself. He let his emotions drive him and paid some thugs to kill Max so he could have Catherine to himself. The attempted murder was not successful, and Max managed to escape and reported his brother to the police. Catherine was very happy to see Max and the two of them later got married and lived happily ever after.

Love is powerful.

Amina Ibrahim

Boys and girls under the age of ten years do not know love but I will try to explain it. Love cannot be bought, it does not have an owner. Love is important, it makes people care for each other and brings peace and kindness. Some people say that love is fantastic and enjoyable, and that it is good. If a boy and a girl love each other, they must be over twenty years. One must finish their primary and secondary school education before loving a boy. Otherwise love can put them in a bad situation such as prison.

Lavine Anne

Love is a strong feeling that affects one's emotions towards something or someone. Love brings together a boy and a girl and can easily lead to marriage. People in love use pet names when referring to each other and such include darling, baby, sweetie and others. Love makes people want to spend a lot of time together, they become inseparable, and if forced to separate, can lead to death.

Once there lived twin sisters Joy and Grace Dela Rosa. The two loved each other very much and did everything together, and also went everywhere together. Their parents were poor, but still did their best to provide for their daughters. The girls talked about the many things they would do for their parents when they grew up, including building them a big beautiful house.

When they became young ladies, Grace met a young man named Mathew and the two fell in love. They now became inseparable, spent a lot of time together and this made Joy feel left out. Joy was also attracted to Mathew and wanted him for herself. She tried to trap him, but he told her that he had eyes only for her sister, Grace. Joy then decided to poison them and this she did successfully. Both Grace and Mathew died from poisoned food that Joy gave them.

This taught me to be wary for love can lead to death.

Carolyne Mwikali

Love is a strong feeling of affection towards something or somebody. It is a feeling that can make one lose their senses completely as happened to Vena.

Vena was a bright student living in the village of Lipol. She was very focused, studied hard and always performed well in school. Her parents loved her very much and the teachers too liked her as she was their best student.

One day as Vena walked to school, she tripped and twisted her ankle. She was in a lot of pain, on the road and unable to walk. She screamed and a young man that was walking ahead heard the screams and came to her help her. His name was Jay, and Jay helped Vena to limp to school.

This incident led to a friendship which developed over time as they continued to see each other. Vena got carried away and no longer concentrated in her studies, leading to a drop in her school grades. Vena even went ahead and had a sexual relationship with Jay as she was madly in love.

One day, she woke up feeling very sick and had to be rushed to hospital by her parents. Tests were done which showed Vena was pregnant, and had also been infected with the HIV virus. She felt so sad, also her parents felt so sad. They had big dreams for her, she had big dreams for herself which now looked like they were over.

Vena's love for Jay led her to make the wrong choices, and this she had to live with for the rest of her life. The power of love.

Diana Chepchumba

Love is a feeling of affection towards someone. It is not dependent on looks, all people are lovable whether pretty or not. When people love each other they share everything, in the good and the bad times. Love is so strong that one can even die for it.

There was a young man named Erick that had a girlfriend named Asha. These two were very close and deeply loved each other. At Erick's place of work there was a lady named Prettier. Prettier was strongly attracted to Erick and wanted him for herself. In order to get her wish, she had to remove Asha from the scene. Driven by her evil desires, Prettier planned to get rid of Asha so she could have Eric all to herself. She planned a meeting with Asha and poured acid on her. Asha survived the acid attack but her face was ruined. She was taken to hospital and then Prettier still tried to get the doctor to kill her. The doctor gave Asha a sleeping injection which made Prettier think she had died. He later did a plastic surgery on Asha and gave her a completely new face.

Asha feared for her life and moved to another country. Meanwhile Prettier got involved with Erick and even got him to propose marriage to her. When Asha heard about the plans, she came back to the country and showed up just before the marriage vows were said. Erick was happy, and shocked to see her for he had believed that she was dead. The love that had existed between them had not died, Asha still loved him. Prettier who had caused all this heart ache was shot dead by Asha, and Erick and Asha went on to live their life together.

Happy Mideva

Love is a feeling of affection towards something or someone. It brings peace, which brings happiness. With peace and happiness, we can live together in harmony in our families and communities helping each other when the need arises.

Alexandria was a very happy girl. She had a loving family with parents that showered her with gifts and all that she wanted. The parents were wealthy, and provided Alexandria with all that she needed and more. Alexandria had a close friend called Ismarelda and the two of them attended the same school, that is, Peace primary school. They sat the exams where they both did very well and went onto high school where again they did very well, proceeding to university. All through the two remained friends.

On completing University, the two got jobs in the same organization. The friendship continued, and they even lived together. They worked with a man named Manuel who liked Alexandria, and this is where things changed between the two girls. Ismarelda wanted Manuel to be her friend and not Alexandria's and so decided to kill Alexandria so she could have Manuel. The attempted murder failed but it landed Alexandria three months in hospital.

When Alexandria left hospital, she decided to live with Manuel as it was not safe for her to go back to her previous house. Ismarelda got jailed for what she did. Manuel later married Alexandria and they lived happily ever after.

Jealousy destroyed the love that existed before between the childhood friends, but love saved the life of Alexandria. Manuel exposed himself to danger to rescue Alexandria when she got shot at. This was the power of love.

Grace Mbeke



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I live with my mother and sister. We have a neighbour who has a son called Isaac. Isaac lives with his mother and sister too. Ours is a small village.

One day as Isaac was going about his business, he saw a beautiful girl called Benta going to the shops. She had been sent to buy some books for her sister. Isaac really liked her and followed her to her home so as to talk to her.

Years later the two got married and she became madame Bondon.

Martha Vuguts

90

Love is a feeling of affection to someone or something. It is a very strong feeling as seen in Antonio and Cynthia's life.

Antonio was a handsome boy that lived in the village. One day he noticed a beautiful girl walking by and he liked her very much. He went to try and talk to her, but she resisted for a long time until one day when she gave in and they became boyfriend and girlfriend.

The relationship continued, and their love for one another grew stronger over the years. When they were old enough, they got married and had a baby boy whom they loved very much.

That was the power of love, it lasted through the years.

Mary Kathim

91

This is a way of having something or the strength to do something. In a small village in Kabete, there lived Sophia daughter of Wambo. She was a pretty girl who helped her mother in the little shop her mother owned. Sophia was however in and out of school due to lack of school fees.

Sophia's beauty continued as she grew older, and by class seven she had many boyfriends. Unfortunately, she refused to listen to her mother's warnings about boys and continued to being friends with them. Within no time Sophia got pregnant and had a baby. Her bad behaviours did not stop and the next year she got pregnant again and this time she gave birth to twins.

Sophia later met a man with whom she started a serious relationship and they later got married. Sophia had finally found true love and they lived a happy life.

Nitsa Atieno

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Love is a strong feeling that one gets when he or she is attracted to someone or something. Love was brought by God.

In a relationship where there is love, there is also happiness. The love is felt especially when it is genuine. I appeal to all people to respect the word love and to use it when they mean it. Those in love relationships should respect each other and take care of each other.

Stacy Anyango

Power is a way of having or being able to do something. Love is a strong feeling towards someone or something.

Love brings many things and these include peace, unity, harmony, trust, kindness, honesty and faithfulness. All these bring people together to live in a good environment. Love also leads to marriage where a boy and girl love each other. It is better to have love than to be rich for a family with love is a happy one while one with wealth is not necessarily happy. Money is not everything. Where there is love there is faith and belief in each other. Love also brings honesty and truth.

It is important to have love.

Purity

As a child I lived with my mother and sister. There was a man nearby that lived with his mother and sister. His name was Isaac.

One day as Isaac walked towards the village, he saw a very beautiful girl. She was on her way to the shops to buy some items. The girl was called Bondon and Isaac was very happy to see her. He followed her to her home as he chatted with her.

This went on for years until Bondon grew up to a beautiful young lady. She wedded Isaac and together they had a daughter.

Sheila Kaltavitza

Love is a strong and warm feeling of deep affection for something or someone, while power is the ability to control people or things.

Christine and Alexandria loved each other very much. This couple went everywhere together and did everything together. They visited the malls, did picnics and generally loved each other's company. One day as they walking out of the mall, Christine noticed Alexandria eyeing another girl. Christine was disappointed and left Alexandria and went home crying. She was so heart broken that even her mother could not comfort her. She stopped talking to Alexandria and wanted nothing to do with him.

After some weeks Christine fell ill was taken to hospital. She was found to be pregnant. She went back home and continued with her life. Later on she gave birth to a beautiful baby boy. One day she met with Alexandria who begged for her forgiveness. Christine forgave him and they got back together, and even later got married.

I conclude that love forgives and never ends.

Reginah Shehafu

The power of love means to love someone and to be loved back.

Miriam lived with her grandmother in the village. She would go daily to the river to fetch water. There was a neighbour called Omar who lived with his father. Both Omar and Miriam attended the same school in the village.

Omar liked Miriam, and one day he followed her home to talk to her. Miriam liked him too. When she got home her grandmother asked her to cook porridge which she did and they drank.

As time went by, Omar and Miriam spent more and more time together. One day Omar took her to his home. There Miriam discovered that Omar had a wife and kids, but she decided to stay. Her grandmother did not know where she was and searched for her all over the village. Her classmates too did not know where she was. One day, three weeks down the line, a classmate met Miriam. She told her about how worried her grandmother was and asked her to go and visit her grandmother.

Miriam went to see her grandmother and also inform her that she was now married. Her grandmother was glad to know that her granddaughter was alive. She blessed the marriage and Miriam went on to live with her husband.

Ruth Nzisa

Love is one of the most powerful emotions in this world. People go to great lengths to achieve it and there is no end to the stories on love across the world.

Love can also be very confusing and complicated.

Love can be seen through the sacrifices that one makes. Anyone can experience it. A boyfriend or girlfriend will fight for the one they love. They will even do things that they cannot explain all in the name of love. In love there is no age limit, a young girl can get married to an old man as long as they love each other. As a young girl in the slums, I have experienced love, and know what it feels like. When one gets heart broken it is a very painful experience which one never wants to repeat again.

As young people, the love that is appropriate is the brotherly sisterly love. Let us leave romantic love for when we are older people.

Olivia Mutuku

Love is a feeling of affection towards someone. This can be witnessed when a boy and a girl have strong feelings towards one another. They spend a lot of time together, telling each other sweet little words. When away from each other, they feel stressed and are in a hurry to get back together. A boy may love a girl when she is in primary school and continue loving her until she finishes school and marries he. This shows that love lasts for many years. Some boys love girls just for sex. This is not love but lust and the young people should be encouraged to abstain and say no.

A husband loves his wife and she likewise. The two get to have children, whom they care for and bring up showing and teaching them to love.

Ruth Auma



Love is a strong feeling of deep affection for somebody or something or for someone's country.

Once upon a time in our village who was very honest and very rich. Every time he arrived in the village from the city, the villagers knew that Nelson Madiba had arrived. The old man together with his wife and four children had a heart of love. They could welcome every villager to their home.

He loved people and showed them by welcoming them to his home, offering help and advises where he could. He taught his children to have love and respect for each other and for other people too. His children were obedient and very well mannered. This was a God-fearing family and they remained close as the years went by.

As Nelson grew old, and could not do much, the villagers changed their attitude towards him, even his own younger brother now started plotting to kill him, a plan which succeeded. The old man died but is well remembered in the village. His son later wrote a book entitled "Power of Love" which talks about the love that Nelson had for the people.

Jane Njeri Wanjiru

Love is a strong emotion towards someone. There are many forms of love that exist and these all begin in the home. A home that is full of love brings up happy children, leading to a happy society. I love my family and I always help them in the house. I fetch water, I clean and also cook.

Shomy Auma

One Saturday morning I woke up feeling very happy. I went to the kitchen to do my morning chores but found that my mother had already done them. I had breakfast and left for my friend's place. Upon arrival, I found my friend washing utensils and I decided to help her so that we could go out and play. We completed this work very fast and went outside.

We went to the forest with other friends where we played until it was time to leave. We had to collect firewood to take to our homes and we all hurriedly did that. I was not as fast as my friends so they managed to get their piles and left me behind. As I continued collecting, it got dark and I got scared. I also wasn't sure of where I was and what the quickest way home was. I remembered all the stories I had heard of the forest and the bad animals in it. How I wished my mum would come for me. As I stood there wondering what to do, I had a voice calling me from afar, and there was a dim light coming my way. At first I was scared not knowing who it was, until I realised it was my mother. I rushed to her and hugged her very tightly and she too was very happy to have found me.

The power of love made my mother come to the forest to look for me even though it was dark and scary.

Masela Auma

Love is a strong feeling of deep affection for something or someone. Love exists between members of a family and friends. The feeling of love can be very strong and lead to death.

Years ago, a woman conceived and looked forward to having her baby. Even when she was pregnant, she worked very hard on a farm to ensure that she provided for her unborn child. She gave birth to a beautiful boy whom she loved with all her heart; he meant the world to her. She continued her work on the farm for their daily survival.

One day she came home and found her house burning. Her baby was inside the burning house. The villagers were trying to stop the fire and could not stop her from getting into the burning house. Her love for her son was stronger than her fear of the fire and in she went. She came out holding the boy, he was safe and unharmed, but she was very badly burned on her face which made her look very ugly. She lived with those scars for the rest of her life. But she was happy that her son was alive and well, and that is all that mattered to her.

She continued working on the farm to provide for the boy. He had everything he needed, and he worked hard in school and went all the way to university. The boy however felt ashamed of how his mother looked and referred to her as his aunty in front of his friends, claiming that his mother was dead.

He got employment, moved to the city and got married. He forgot all about his mother and told his new wife that his parents were dead. One day his mother showed up in the city, having missed her son very much, to visit him. He however threw her out, claiming his mother was dead. The mother went away deeply hurt and later committed suicide as she could not bear to live with the pain of rejection from her own son.

Nicole Immaculate

The night was as silent as a deserted cemetery. I could not hear any sound from outside. My night was restless and when morning came, I rushed to take a bath and then hurried out to school without breakfast because I was getting late. I arrived in school and managed to sit before the teachers noticed my lateness. When the mathematics teacher came in, he asked that those who had completed their homework to raise their hands. Three quarters of the class had not completed their homework and he was very disappointed and left the classroom. Later we had assembly and the math teacher spoke and announced that all students who had not completed paying school fees to remain behind. We did so and were asked to go home.

I was very sad but made my way home where I found my mother busy cleaning the house. My mother was surprised when I told her what had happened. She gave me the little money she had that was meant for buying her medicine and told me to return to school. I went back to school and was able to continue with lessons for the rest of the day.

My mother loves me so much that she gave the money for her medicine for my school fees. She told me she would always be on my side and that is what I call love.

Lorine Atieno Ouma

What is love? Love is seen in how your friends and family treat you.

In a small village lived a girl called Faith and her father. Faith's mother had died years earlier due to cancer. Although they were very poor, Faith and her father continued to face life bravely. Sometimes Faith missed school due to lack of school fees. She was in class two.

One day as Faith walked to school, she found an old man struggling with a heavy load. She felt sorry for him and offered to help him carry the heavy load to his home. The old man was very grateful for the help. He thanked her and blessed her. She ran to school. On a different day she met a stranger, an American on her way to school, and greeted him. That day when she got home, her father had cassava ready for dinner. She told her father she didn't want to eat. She felt bad for her father and the way they were struggling. That night she dreamt that they lived in a huge house and had plenty, that they were very rich. She told her father about this dream and he encouraged her that if she worked this dream would one day come true.

Faith worked hard in school, and passed her Kenya Certificate of Primary Education. Later she also performed very well in her Kenya Certificate of Secondary Examinations went to university. She did well in University, got a good job and came back to help others in her village. Faith showed love to others.

Milka Moraa

Love is a strong feeling that everyone needs in their life. The entire world needs love. Love others, and you too will receive love.

My parents love me very much. They take care of me at home and provide for my needs. They pay my school fees and ensure I get an education. In school the teachers care for me and teach me all that I need to know. Thus I enjoy love from both my parents and my teachers. When I grow up I will not let them down.

Lucy Aliviza

Love is the feeling that we are accepted and that someone cares for us. Love will empathise and give praise when it is needed. Without love we feel lonely because we all need someone to cheer us on.

Good parents provide security and protection to the family. It can be physical, spiritual or emotional. As children grow they need love and attention. Parents who fail to do this may cause emotional insecurity to their children. Love and attention can be given verbally and with actual rewards. Punishment is aimed at correcting wrong behaviour and molding character. Good parents also give direction to the family. Thank you mother, for showing me that you love me. I will always remember the scripture that says love your neighbour as you love yourself.

Michelle Akinyi

107

Love is a strong feeling for someone. I love my parents very much and they love me too. My mother buys me dresses, while my dad buys me a school bag and books. My dad sometimes takes me to the mall where he buys me nice looking sweets with grape flavours.

I love my parents and they love me too.

Maria Atieno

108

Love is a good feeling between two or more people. It is shown in many ways including hugging, kissing, sharing and playing. Love makes people work together and interact with strangers.

In a certain village there was a girl named Jamila who was born with albinism. Her mother didn't love her and her father said she was not of their family blood. She was considered a bad omen and got neglected. A stranger took her in and brought her up. She was a bright girl and did well in school, topping her KCPE and proceeding to secondary school. There she excelled and went to university where she studied Engineering. She got a very good job and built homes for children with special needs.

One day as she drove in town she saw a homeless lady by the road side. On looking closely, she realised it was her mother. She forgave her mother for leaving her as a child and took her in to live with her. This girl showed her the love that she was shown by the stranger that took her in as a child.

Yvonne Ilaka



109

Love is a strong feeling that we all feel. Even the Bible tells us to love our neighbour as we love ourselves.

The power of love unites us and ensures we do not fight each other. This unity happens in the family, with the teachers and even among friends. Our parents love us and teach us things that we should know such as menstruation. They advise us on how to behave so that we do not drop out of school. Our teachers teach us to prepare for our future and to pass our exams. I pray that God protects them all.

Mariam Hassan

110

Love is a strong emotional feeling towards someone. Love was created by God who first loved us and sent his only son Jesus Christ to die for our sins.

Wherever there is love, peace and unity are also there. This is true in schools, churches, homes and communities. Parents love their children very much and provide for them. Love brings beauty, happiness and peace. It brings people together and builds rather than destroy. Love is powerful and cannot be easily broken.

Mary Wanjiku

111

Power is the ability to influence people, while love is to be attracted to someone emotionally. Where there is love, there is happiness. I love my parents and they love me. I like to help them by doing my chores such as fetching water, taking care of the baby, and cleaning the house. I also love my grandmother and often visit her. She gives me my favourite food which is ugali and meat. My favourite subject in school is Kiswahili, and I also like my Kiswahili teacher. I am a happy girl.

Mishel Akoth

112

Love is important in all our lives. We should love our neighbours as we love ourselves. I thank my dear mother for loving me, caring for me, and doing everything you can for me all these years. I am very proud of you, my mother. Mother I will respect you because when I was born you took care of me and when I was sick you took me to hospital.

When you want love in your family always remember to thank God for His blessings. We should also love our friends and neighbors as well as our parents. I love my parents because they are the image of God and it is God who brought marriage. My parents have done a lot for me, taking me to school, teaching me values and teaching me about God. I love them very much.

Vivian Kerubo

113

Love is a strong emotion felt towards something or someone. Love is a command of the Bible which everyone should obey.

My parents' love is what enables me to write this essay. They love me and my siblings and have ensured that I go to school. The children in the streets lack parental love, and are rejected by society which describes them as not being bright. I believe that if these children's parents played their part in helping them, they would be totally different human beings. A parent's love and influence is very important in their child's development. Children who feel love from their parents develop very well. My parents sacrifice a lot for me and my siblings because they love us. Teachers who love their pupils also help these children as they grow.

Children that are loved develop very well.

Sarah Mukade

114

Girls are happy and encouraged when they feel loved. Girls like to celebrate with friends and family. They celebrate their good health and strength. Mothers and fathers feel happy for their girls. They encourage the girls to be clean and look wonderful. Parents are happy to see their daughters celebrate and are proud of their good characters. Girls, let us encourage each other for the future.

Shalyne Mmbone

115

Love is a strong feeling of affection towards someone or something. There are different types of love as seen in different situations.

Parents love their children and also children love their parents, therefore love exists between family members. These include siblings and relatives, and even friends. There is also the love between a man and a woman. This can lead to a marriage and as a result children get born. There is also love of something such as a favourite sport like football. A lot of men love football and spend a lot of time watching the favourite teams playing. They are happy when their team wins and very sad when they lose.

If one likes to do something and do it often, they can be said to love that thing.

Valary Mawire

116

Love is a strong feeling towards someone, and I love my mother very much. The Bible also commands us to love one another.

I love both my parents very much. They both used to promise me that one day each would give me a gift that I will never forget. My father used to keep his promises. My mother on the other hand doesn't always do so. I lost my father at a young age and my mother gave me the promise given by my father.

I love my family and my relatives and friends. I encourage us all to love one another and build a strong nation.

Rama Celestine

117

Love is a good feeling towards other people. It can be a solution for solving conflicts, and can be used to unite people.

My mother loves me very much. She is my biggest fan and she encourages me to be the best that I can be. She pushes me to work hard in school, and teaches me life skills. Whenever I go wrong, she corrects me with love and encourages me to go on. I don't know where I would be without her support.

I encourage my friends to spread love wherever they are. To help one another and to promote peace in society. I share a lot of what I learn from my mother with my friends. In school the teachers also care for us, they correct us with love and guide us in our studies.

I thus encourage each of us to care for one other and ensure a peaceful society.

Vivian Wangore

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Love is the greatest command in the world. Without love nothing is possible. Love can change everything in our lives. If you love someone you should take care of them especially if they are your blood.

One day my brother was very sick and needed blood. I was happy to donate blood to him and saved his life. Love is the only thing that can unite the world. Let us all love each other.

Yvonne

119

Love is patient and kind, it is not jealous or conceited or proud. Love is not ill mannered or selfish or irritable. Love does not keep a record of wrongs. Love is faith, hope and it never fails. God brought us love and told us to love our neighbours. God sacrificed His son for us.

We should love our parents as Jesus loved the church. The vices such as prostitution, adultery, incest and fornication are all against Christian teachings on love. Parents provide for their children because they love them. The father is the head of the family just as Christ is the head of the church. A husband should love his wife just as Christ loves the church.

Jesus loves children very much. Children should love their parents too.

Winfred Mwikali

One Friday morning I woke up late and tired. The flickering rays of the sun had covered the eastern horizon while the dew on the grass shone brightly like a broken mirror exposed to direct sunlight. I realized that I had forgotten to set my alarm clock the previous night. I run as fast as a deer to the ablution block to take a shower. Within a fraction of a second I had already put on my well ironed uniform. I run to the dining table and took a sip of tea and a large bite of bread and started my journey to school.

I walked at a neck breaking speed because I wanted to catch the school bus. On reaching the main road I found out that the school bus had already left. Just then I remembered there was a short cut which passed through the jungle. My parents had warned me on several occasions never to use it but on that fateful day I had no other alternative. Luckily my friend Doty who lived next door to me had also missed the bus so we decided to walk through the forest to school. As we walked through the jungle we discovered that the river which we needed to cross in order to get to school was flooded due to heavy rain the previous night. We decided to take the bull by its horns and cross the river. When we were about half way through the river my friend Doty got too tired to go on. Our books and uniform were also wet by this time. I wished the ground could open up and swallow me. I had to think of a plan to help my friend. I first crossed the river with my bag and my friend's bag. I then went back to the river to help my friend. I could not bear to see her in that situation. I decided to hold her hand so we could cross together.

When I looked at my friend's face she was smiling pretending to be happy but we were not happy because we were worried about how we would explain what had happened to our parents and teachers. Truly, "a friend in need is a friend indeed".

Stacy Awuor



Love is a strong feeling of affection towards someone or something. This can be with good intention or bad intention. Love happens for various reasons including attraction to beauty, wealth or other things.

In a faraway country, there lived two twin sisters, Kara and Sara. The two spent all their time together. However while they were still children, their parents divorced and Sara remained with her mother while Kara went to live with her father.

Kara later became interested in fashion while her sister Sara became a business lady. The two had lost touch as children. Kara got married to a man called Edward and they were happy. One day, Sara met Edward and fell in love with him. Edward started having an affair with her. Kara learnt of this affair and was very hurt.

Sara wanted to have Edward to herself and tried to kill Kara, but she did not succeed. Edward was upset by this and went on to shoot Sara. Kara came and found Sara lying on the ground bleeding, and immediately knew what had happened. She vowed to kill her husband for she knew he was the one that had shot her sister. She got a gun and also shot Edward, so both Edward and Sara lay on the ground bleeding while Kara cried at all the betrayal that had happened. An ambulance came and took the two to hospital.

Here I knew that love can make people do very crazy things.

Mary Mbinya

One Monday morning I woke up and went to the ablution to take a shower. After I finished I heard my father calling and I went to find out what it was all about. There I was shocked to see my mother lying on the floor in pain. She was sick. My father took her to hospital where she was put in the ward and he went to work.

He went to see her the next day, but found that she had passed away. I was very saddened by the news. The elders were right when they said that blood is thicker than water. A few days later she was buried and it was a very sad time for me. After some time my father decided to another wife. I was not happy with this decision. After some time my step mother gave birth to a baby girl. I was very happy to see the baby. When the child started going to school my step mother turned me into a maid in the house. I was no longer going to school.

One day as I was in the forest fetching firewood, I started singing a sad song. The prince was there walking and enjoying himself when he heard the sound of my music. He stopped to listen to where the music was coming from. Soon he saw me. He noticed how thin I was and asked me what was wrong. He said I could go to their palace for food, but I refused because I was scared my step mother would kill me. The prince went and told his father my story and the King was very annoyed. The next day there was a knock on our door and it was the king and the police. They arrested my step mother and took her away to prison. My father was very sorry for the sufferings I had gone through and promised never to marry another woman. I will never forget that day.

Mercy Akinyi

How we relate to people determines whether our lives will be happy or not. It is therefore very important to choose the right friends, friends that bring you joy and peace and not those that cause you stress.

I had a friend called Judy. Judy and I were very close. We did everything together, and went everywhere together. We shared a lot of our experiences together and spent a lot of time in each other's homes.

One morning I set off to visit Judy. I took a cab and on the way, I saw Judy looking lost by the road side. I immediately stopped the cab and went to her. I asked her what was wrong as I had never seen her like that. She told me she had discovered she was HIV positive and informed her mother who then threw her out of the house. I was very sad for her and took her to my house where I took care of her.

Over time her sickness got worse and she later died. I was very sad. I informed her mother who was shocked and very sorry for how she had acted, but it was too late. I miss my friend very much, she and I loved each other very much.

Faith Manyala

One day my little sister, brother and I were home waiting for my father. My mother had gone to the shop. Suddenly the door was kicked open and a gang of people got into the house. My brother and sister ran to hide as soon as they saw these people. They had guns and were very scary. They demanded I tell them where my father kept his money. I did not tell them. They hit me many times but I would not say.

Suddenly the door opened and my mother walked in. They immediately shot her dead, right in front of me. My little sister got very scared and ran to where my mother used to keep coins and brought that to the gang, but they threw them at her face. My little brother tried to help her but he too was hit.

I then got an idea to take them to the store pretending that is where the money was and locked them in. That is what I did and once I locked them in the store I shouted for help. The neighbours came, and the police too and the bad people were taken away. My mother's body was also carried away.

A friend in need is a friend indeed, I thank God for the neighbours who came to help.

Jemima Kadeiza

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For many years I did not take school seriously. My mother would make noise at me about school, but I didn't care much. I thought my mother didn't like me. Every morning I would go to school, pass time and come back home at the end of the day.

One day as I walked home from school I was hit by a car. I was rushed to hospital and when I woke up, I found my mother and father crying. The doctor had told them that I would never walk again and they were sad. That was the day I realised that my parents really did love me.

Joyce Makokha

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One Saturday morning as I sat quietly watching the sun rise, I heard a loud scream. I rushed to see what was happening and found my mother lying on the floor writhing in pain. My grandmother also arrived, and we were all terrified as we pondered what to do. We had no money at all for the hospital and the doctors and nurses were on strike. My mother was really screaming in pain and it was heart breaking. My grandmother called my uncle who arrived with his friend's car. Unfortunately, it was too late, my mother was dead.

Friends and neighbours came together and raised money for the funeral expenses and we were able to give my mother a decent burial. They further extended their love by getting me and my sibling's sponsorship to continue with school. This was the power of love.

Sheilla Awuor



127

When two people are in love nothing can separate them. Love is important in school and in the society. Love unites us in society and makes us work well together. Where there is Love, our self-esteem is high and we are able to participate in building and developing the society. Boys and girls should avoid falling in love until they complete their studies, girls must learn to be strong to get what they want. With love our leaders will do the right things and this will grow our nation.

Divinah Rioba

128

Love is a strong feeling of deep affection for something or someone, while power is a good spirit that controls the lives of people.

Love for your country makes you patriotic and prevent civil wars. Tribalism will decrease and people will live as though they are all one tribe. The power of love will ensure there are human rights and democracy in a country. Love is able to stop the corruption which is the main cause of lawlessness by our leaders in Kenya because they lack integrity and honesty. Love will make people respect the rights of others and live in peace. Our Kenya Defense Forces work very hard to protect our country from terrorist attacks so that we can be safe. They do all this because of love. When we care for our country we will take care of the environment before global warming destroys it. Love stops corruption, it stops nepotism, and it ensures we take care of the sick. A country can only develop if the power of love is in the people's heart and mind.

Latifa Kagai

129

Love is a powerful feeling towards someone or something. It involves two or more people and affects people of all ages and sizes.

I remember an incident two years ago in the city of Nairobi about a woman who loved everyone and was always willing to help. She was a widow who loved people and use to go out of her way to help fellow widows and even widowers. She was very kind and never got tired of helping others. But many rejected her help because in the city people don't trust easily. Some thought her intentions were evil, to snatch away the widowers. But she never gave up because the power of love was inside her.

Why is it that most leadership positions in Kenya are taken by men, including the president? Since Kenya became a republic it has had only male presidents. What about women, or are they dogs just barking outside when they see danger? We are also human beings and they're not more special than us. I would like to see Kenya have a woman president. With love all Kenyans can unite and ensure that the women get equal opportunities as well as leadership roles as men. Women have been looked down upon for too long, and suffered from gender violence.

Let Kenya be filled with the power of love so that everyone can be treated equally. If we have that power of love about half of the positions will have equal representation of both men and women. There will be no gender based violence towards anyone in Kenya. Everyone will be equal.

I wish there was power of love in all parts of Kenya so that people treat each other as brothers and sisters. I hope men can support women so that together we build the nation.

Liz Anyango

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Love is a strong feeling you have for your country, someone or something. With love one can do anything including dying to protect that which you love.

Once there were two people who really loved each other. One was called Stacy and the other one Deco. They really loved their country could do anything possible for their country. They defended their country with passion. One day there was an attack on their country by people called the Almoravids. There was panic everywhere, and even the president seemed confused. Stacy and Deco felt this was too much and decided to go and defend their country against the Almoravids. They fought and won, showing true patriotism. I encourage us all to love our country and fight to defend it.

Where there is love there is peace and happiness.

Stacy Tyrah

131

Love is a strong feeling that one has towards something or someone. Love can do wonders including moving mountains and healing the sick. When we have love, we have unity, peace, patience, harmony, faithfulness and kindness.

Peace makes us live together without fighting. A peace loving nation is one that upholds love for its people. There is a lot of faith in such a country brought about by peace. With love we are patient with each other and wait for the right time. Kindness is also a result of love, where we choose to help one another and share what we have. Love binds a people together in unity and a united nation is a strong nation. We should all love our country Kenya.

Winnie Ayiti



132

To love is to have a strong warm feeling towards something or somebody. Power is the ability to do something. The power of love is therefore the impact this warm feeling has.

Tribalism is so much in our country and has destroyed a lot of relationships. Communities hate one another because of their tribes. Some people are even ashamed to confess their tribes as they have been made to believe that they are inferior. We must sow love in our nation and appreciate our diversity. We should be proud of our tribes and appreciate one another. This will bring peace and development to our country.

Let us all love one another for that is the greatest command given to us by God. With love we shall all live together in brotherhood.

Emmy Riziki

133

Love does not insist on its own way, it is not irritable or resentful, it does not rejoice in what is wrong but rejoices in what is right. Power is being strong, able to do something. Power of love is thus the impact of what love is and can do.

Love can do a lot of things. It is powerful and can reduce deaths by eliminating fights and hatred. It can eliminate corruption and tribalism by making everyone concerned about the impact of their action on others. It also improves self-esteem by giving confidence that one is appreciated and cared for no matter what. Love is the greatest command we have from God.

Faith Achieng

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Love is to be strongly attracted to someone emotionally, it is caring deeply for someone. There is a lot of love among family members.

Where there is love, there is peace. Love makes people co-exist together in harmony both in the family and the society at large. Love helps in solving conflicts which creates a peaceful environment. A country full of love unites its people and brings happiness to all. Let us all love one another and stay united.

Faith Nyaboe

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Love is what you feel for your country. Through the power of love you can promote peace at home, at school, and in the country.

Through love for the country you can promote peace and dialogue, obeying the law, having transparency and things that promote love. The law has been put in place to guide people and ensure there is peace in the country. Peace refers to a state of calmness where there are no wars, disagreements, or violence in the country, school or at home.

If you have the power of love you cannot have disagreements or anything else that can destroy your country or your area.

Faith Kwamboka

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Love is a strong feeling one has for something or someone. It is a strong emotion that can conquer mountains. The world needs love for there are a lot of disadvantaged people that need love. This includes those with disabilities who are sometimes looked down upon. As a people, we should care for everyone and not choose for love does not choose. Caring for all would lead to a strong nation.

Love brings people of different cultures together. It makes it possible for them to intermarry which leads to a stronger nation. This diversity helps us understand, respect and appreciate each other's cultures hence uniting us.

Once we are united we can develop and build our nation. There is free movement in the country, people invest freely anywhere, businesses do well and there is a lot of wealth creation and lots of opportunities for economic growth.

Peace is felt in such a land, and creates very happy people. All sectors of society are able to grow and develop. Let us all love each other and build our nation.

Florence

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Love makes a country to go on. It is needed everywhere. People living without love fight all the time, but where there is love there is development. We should love everyone because God Himself loves us. Let us love each other in school, at home and in the country for this will make us a strong nation.

Faith Nyasakoro

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Power is the ability to rule something or somebody. Love is having strong feelings towards something or somebody.

Some of the things that destroy love in our country are tribalism and corruption. These cause fights and hatred among people leading to deaths. With love we have the power to care for all people who need it. This includes the sick, the poor, and the orphans. We can provide them with food, shelter, clothes, school fees and other things that they need to make their lives more comfortable. Doing all this will bring all of us close together. There will be peace in our nation and we shall be a happy people. A people that are shown love, also tend to give love.

Lavender Atieno

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Love is the greatest commandment in the world. Some people die because of love, and sometimes love is a blessing. Without love the world will be full of hatred. We learn in the Bible that God loves us. God loves us so much that He sent His son Jesus Christ to die for our sins.

Some people kill others because of money. They think that money is everything. They don't look at the bright side of life. Where love is missing, there is hate and greed and these lead to fights and death. I promise not to hate but to love others. Thank you for the International Day of the Girl Child, and thank you Polycom for supporting the girls.

Lucy Mmbone

Love is a strong affectionate feeling towards something or someone. Power is the strength a person has. Power of love is the impact of this affection.

Love eliminates bad things in the society such as corruption, tribalism and violence. Doing this leads to a peaceful society. With love we should care for the poor, and the orphans by providing them with what they need like food and clothes. We can improve their living standard and make them feel that we are all one big family. Love helps us forgive one another leading to a peaceful nation. A peaceful nation does not fight because everyone is happy. Love starts with each person, so let us all do our part to make this a better country...

Naomi Taabu



A big thank you to POLYCOM for taking care of us. Through your programmes we have learnt to take better care of ourselves, learnt our rights, learnt how better to express ourselves and our emotions.

We are encouraged to work hard, excel and reach for the high scores for through that we are assured of proceeding on with our education. We are now bold to fight for ourselves and what belongs to us, for we know that the sky is the limit.

Catherine Rine

Love is an important value in society. Jesus said “love your neighbour as you love yourself”. Love has brought a lot of good in society.

Our teachers love and care or us in school, while our parents do so at home. We too should do the same. Love promotes peace and unity, and is the greatest commandment in the Bible. We should love one another and help each other. By helping each other, evils such as immorality and drug abuse can be stopped early.

We have NGOs that help girls under the age of 18 years to continue their dreams. These NGOs help the girls realise their value, boost their self-esteem, provide them with sanitary towels, and encourage them to exploit their talents. The NGOs have also helped improve the our schools with better lighting and make them safer. The girls can walk to school and back safely. The girls have learnt to improve their personal hygiene, keep their environment clean and have improved their health.

Cynthia Anyango

Love is the most precious thing that God Almighty has given us. We should love all, help each other and share what we have with those in need. Girls must stay united for as the saying goes, two heads are better than one.

The Polycom Development NGO has been very instrumental in empowering the girls in Kibera. They have taught us to treasure ourselves, take better care of ourselves by teaching us proper hygiene, encouraged us to participate in sports such as netball and volleyball among others. They have also provided counselling services to the rape victims. Education is highly encouraged, and some of us have received sponsorship for the same.

Polycom has distributed sanitary pads, games kits, detergents and talking boxes to all the schools. All girls are treated equally, taught respect and problem solving skills. We learn to work together, sharing our victories as well as our sad moments. Polycom Development offices are found in Olympic and Makina in Kibera.

I encourage all girls to unite, study hard, excel, take up careers in all fields including engineering, medicine, teaching, Law, and many others. At the end of it all, let us come back and mentor the other girls. Together we can achieve our dreams.

Fatuma Sharbaid

Love is a positive feeling towards something or someone. It brings peace and togetherness among the people. Girls have nowadays benefitted from the love and concern shown to them.

The education of the girl child is now taken very seriously. There are NGOs that are actively participating in the girl child's education through various activities. These include providing sponsorship programmes to keep the girls in school. So, the number of girls in school has greatly increased, almost equaling the boys.

Through the scholarship programmes, girls are encouraged to aim for high scores. This brings them closer to their dreams. The girls are also taught life skills, taught to overcome their circumstances however terrible that they may be. Many of these girls are from poor backgrounds. FGM is discouraged, and the rights of the girl child made known to the girls and society at large.

The girls are very thankful for this love that has changed their lives.

Mary Adhiambo

Love is the greatest commandment in the universe. With Love we can help the poor, heal the sick of the diseases, and solve disagreements in a satisfactory manner. Love gives us good memories. Love recognises the rights of the girl and through programmes like Polycom, helps the girl child to stand for herself.

Thank you Polycom

Rashel Ambati

Today life is much better for the girl child. The number of girls getting education has greatly also increased. Organisations have come up that have strongly advocated for the rights of the girl child.

Girls are now better placed to develop themselves and improve society. Some of the previous challenges they experienced included not being able to go to school, early marriages and pregnancies, FGM to name a few. The NGOs are now encouraging the girls to report any such cases to ensure they are protected.

POLYCOM DEVELOPMENT PROGRAMME has been very helpful in the growth and development of the girls. They have provided the girls with sanitary towels, and taught them personal hygiene. They have also provided detergents to ensure a clean environment, they have given talking boxes which encourage the girls to open up, share their issues and get solutions together as a group.

Thanks to POLYCOM, discrimination is no longer an issue. The girls have been taught their rights and have a way to share their problems and discuss.

Thank you POLYCOM.

Gloria Atieno

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Love is precious and God-given. A lot of love was there in the past where people visited each other freely, shared meals and even helped each other in times of trouble.

Organisations have come up to push for the rights of the girl child who got left out somewhere along the line. Girls are now getting an education, pursuing careers and taking leadership positions in society. Women like Wangari Mathai are role models and serve to encourage the girls to take up leadership positions in society.

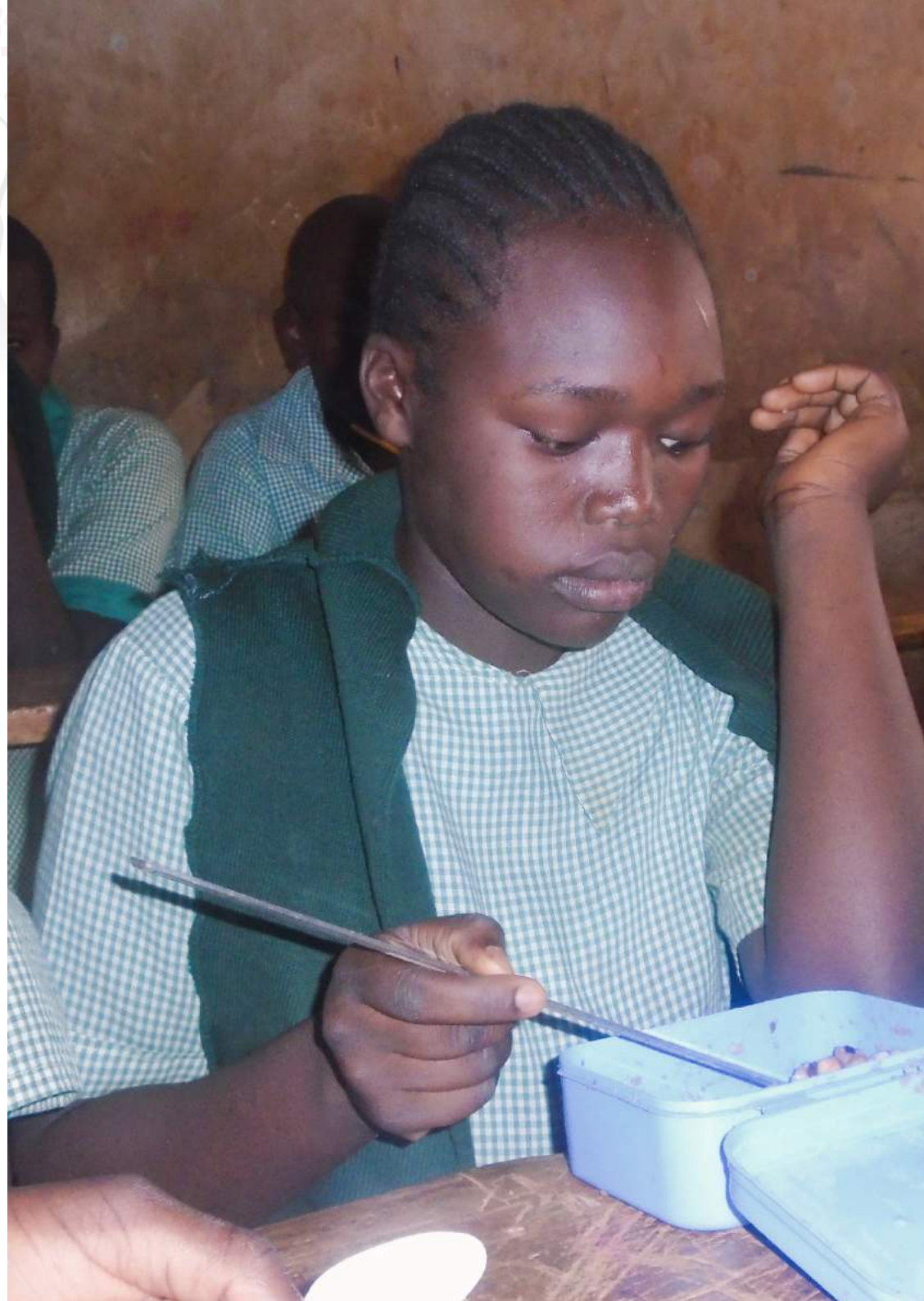
Leah Kerubo

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Love is a feeling of liking, or making someone happy. When you love someone, you make sure they are happy. I encourage people to love and care for one another and make the world a better place.

Through this, NGOs have initiated programmes to uplift the girl child. The NGOs provides programmes that educate the girls through formal learning as well as informal. Girls learn some life skills which they can use in their daily lives. The NGOs motivate the girls to work hard and attain high scores upward of two hundred and eighty in primary. They also cater for the school fees. This has helped build the girls' confidence and self esteem making them better members of the society.

Orina Naomi Wanjiku



Love is the greatest commandment given by God. Without love, the world would be filled with hate, filled with evil, and there would be no development.

As part of development initiatives, some organisations have started projects and activities that bring love to societies. Such projects include the Adolescent Girl Kenya (AGK). In this project girls were treated with a lot of love, taught self-esteem, and encouraged to develop themselves. There are initiatives where school fees is paid for some of the girls to ensure they continue with their schooling.

The tourism industry in Kenya keeps growing because of the love that foreigners have for our beloved Kenya. We have beautiful wildlife that attracts hundreds of tourists every year which is good for the country. The tourists love to go to the beaches in Mombasa.

Love has also brought into the country organizations and volunteers who come to educate and benefit the children as well as their teachers. These are trainers from different countries who come to teach, coach and mentor Kenyans in various sectors including education and medical areas.

So love is a strong feeling found in all fields and expressed toward someone or something.

Florence Awino

Love is created by God and is beautiful. It maintains peace and harmony among people. Love makes all things beautiful.

In the old days girls were neglected. They were not allowed to go to school, were forced into early marriages, became mothers while still children themselves. It was a difficult life for the girl child.

Through some organisations, schools like Kibera School have come up and created opportunities for the girl child. The girls learn and are also taught to build their esteem. They are encouraged to speak with their parents at home. Now the value of the education is can be seen. The organisations provide sanitary towels to the girls and this keeps them in school.

It is very important to educate a girl for educating a girl is educating a community.

Mearcy Bulimo

Love is the greatest command in the Bible. Without love the world would be full of hate, with people fighting everywhere. There would be so much conflict.

Where there is love there is happiness. Some families have a lot of love which can be seen. Happy people do not envy or kill, they help others.

I wish to thank the Girl Child Day programme for being a blessing to us. Thank you for showing us love, and for empowering us. Thank you even for the plans that you have for us and I pray that you will continue with the good work that you already started. May God bless you all as you teach us to love one another.

Esther

Love is all about sharing things with friends, loving them for who they are regardless of their tribe. In the past girls were discriminated against and not allowed to go to school. Boys were more valued than the girls and were the ones who were sent to school. I thank God that girls are now allowed to go to school and many have done so. They are also very committed to their studies.

A number of NGOs have come up to help the girl-child to secure her future. These NGOs offer scholarships to the girls to help them get an education. Girls that score over three hundred marks in their KCPE are sponsored into high school. This has helped build the girls' confidence and motivation. The NGOs have also helped stop the practice of FGM by rescuing the girls and giving them safe places to live in.

Remember that if you educate a girl, you educate the whole village.

Salome

A person with the power of love does everything right in school, at home, in the community and in the country. In school children are taught the power of love and taught to help others. In the community people share what they have with each other. At home parents teach us how to play with other children and not to fight. With love we will feel empathy for the street children and take care of them as a country.

Joyce Obaga

Love is the best value people can have. God loves us unconditionally, and we too should love one another, unite and work together.

As a child I had everything I needed. My mother ensured that my needs were met, and that I went to school. Unfortunately, this is not the case with my peers for not all have had the opportunity to get an education.

Parents, boys, and the girls themselves are to blame for each has played a role in one way or another. Some girls chose to get involved with bad company and end up dropping out of school. They end up with STIs, teenage pregnancies and just loose hope in life. This trend is however changing with the coming in of Polycom Development Project. The NGO provides various forms of support to the girl child that ensures she stays in school. There are matrons in schools who oversee us, and ensure we are well behaved. We are encouraged to get into sports, we have the talking boxes and our sanitation is improved through provision of the sanitary towels and detergents.

Thank you Polycom for helping out the girls.

Veronica Adhiambo

Love is a strong emotion that one gets when they like something or someone very much.

In the past not much love was shown to the girls. They were discriminated against, and their place taken to be in the kitchen, taking care of children and raising families. Fathers saw them as a source of good dowry, and therefore saw no need to educate them.

Times have now changed. Parents have changed their perception of their daughters. Communities have also changed their view of the girl child, and the girl child has changed how she sees herself.

Organizations have come up to push for the interests of the girl child. They have pushed for laws that provide opportunities for the girl child to get empowered. For example, the girls have received sponsorships to pursue studies, they are able to stay in school and learn because they have sanitary towels provided by these organisations.

The rise of women leaders in the society has also encouraged the girls to aspire to achieve more and to strive to excel and take up leadership positions in future. The women leaders continue to fight for the rights of the girl, and fight for equal opportunities in society. The girls are exceling in various fields, education included, and the belief in themselves in very inspiring.

It is my hope that the organizations will continue with the good work and the girls will continue to reach for the stars.

Alice Auma



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Today life is much better for the girl child. The girls are honoured, not discriminated against, given an education, not married off at an early age. All this can be seen in the whole country.

The NGOs have been very instrumental in helping the girl child in society. The NGOs have helped a lot of girls get education. They have been with us all through the tough times, encouraging us to be together as a team. Together we can fight evils such as tribalism, we can uplift and encourage one another.

I encourage each girl to make a wise decision for herself.

Berva Achieng

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Love is very important in the community and in the country. It is also the greatest commandment in the Bible that we love one another even as Christ has loved us. Without love Kenya would not be where it is.

Through love there have been positive changes in the society. The attitude towards girls has changed. Girls are now getting education, school drop outs have become less, all through the work of organisations such as Polycom.

Girls now get better care and more are getting education. The government has also passed laws that favour the girl child, ensuring she has a promising future.

Brandy Vivian

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I believe in the power of the girl child. Despite past discrimination, the girl child is a very important member of the society. The unfortunate things happening in the world such as terrorism, droughts, and other societal evils have greatly affected the girl child.

Girls' voices have been silenced in society, they are hardly heard. Growing up in the slums of Mathare and Kibera, I have witnessed a lot of girls' dreams getting shattered, destroyed. Many are neglected by their parents and guardians, and are left on their own to do what they want. This has led to careless behaviours such as immorality and even STIs and pregnancies. Drug abuse is also common among this group. The rate of school drop outs among these girls is worrying. Some get involved in prostitution to get money to look after themselves. Some of these girls are now housewives at very young ages, with long forgotten dreams and no sense of direction.

It pains me to see so many intelligent girls waste their lives. Lack of mentors is greatly felt. Parents feel their hands are tied and cannot do much given the slum environment.

All is not lost. Today there are NGOs that have come to uplift the girl child. These include Shinning Hope (SHOPCO), The AGIK and POLYCOM among others. These have provided hope to the society and more so to the girl child. The future is now bright, the girls are now encouraged to better themselves, to believe in themselves, to work hard and strive to take up careers of their choice. The girls now have the psychological, emotional, mental and even financial support previously lacking. We have a reason to smile.

I too intend to continue to fight for the rights of the girl child.

Evelyn Akoth

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Times have changed, and girls are now more valued than was the case in the past. Girls now have an opportunity to go to school and there are even more girls than boys in the primary schools. Girls with 300 mark and above in their KCPE get sponsorship for their school fees. This has encouraged a lot of girls to work hard in school.

The NGOs have been helping girls all over the country. They guide and counsel the girls to ensure they take care of their lives. The girls have learnt their rights and are better equipped to stand up for themselves. Through the NGO programmes, a lot of girls have been able to go back to school to learn, get an education, and have a future. The NGOs have opened doors for the girls and we say thank you.

Brenda Awino

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Love is a fruit of the Holy Spirit. Love brings peace and harmony in society. Love is what parents have for their children.

In the past, girls were neglected, they did not feel loved. Organizations such as Polycom Development Project have helped in bringing change. Through them, girls now have access to education.

May God help us live in love and peace with one another.

Maxzine Adhiambo

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Love is one of the best things that God gave us as a fruit of the Holy Spirit.

As girls we should all unite in love and overcome the challenges that we face. Girls should not be shy of the development of their bodies but should talk freely with each other about the changes. With love, no girl will be laughed at because of her breasts or her menses for the other girls will support her.

Mildred Kwamboka

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Power is the ability to do something. People have different abilities to do different things. Love is a great affection for a person or thing. Power of love is thus a specific ability for affection. This power can make us do a lot of things including taking girls to school.

Times have changed, and girls now go school to get educated. They are no longer made to stay home and take care of the family or get married at an early age. NGOs, the UN and other programmes have now changed the life of the girl-child. Girls are being helped to find their potential and to build their lives. The NGOs are giving sponsorships, and encouraging the girls to join sports. The girls have opportunities to share their experiences and help each other solve issues. The love from the NGOs has indeed brought us the change that we have been waiting for.

Tracy Atieno

Love is a powerful emotion that brings people together. Through love, girls have now been embraced in society, they are now accepted and given equal opportunities just like the boy. The inequalities the girl experienced previously are now a thing of the past.

Along with lack of access to education, the girl child has experienced other challenges, and these include FMG, discrimination based on tribe, early marriages, rape and sex leading to STIs and early pregnancies among others.

To deal with all the above, various organisations are working in various parts of the country to empower the girl child, ensuring she gets an education. Through these initiatives, the girls have felt valued and loved.

Parents are now ensuring their girls stay in school. Sanitary towels are provided by the organisations to ensure the girls don't miss school. The girls are motivated to better themselves, be more useful and resourceful in society. They strive to emulate previous examples such as Wangari Mathai.

I encourage all girls to stand up and follow the example of the Nobel Peace Prize winner Wangari Mathai, strive to bring positive change to society, and uplift other girls.

Sharon Adhiambo



The power of love is a strong feeling between two people. It is a feeling because we cannot see it or touch it. Love is stronger than any other force in this world. Love is when you get a big rock that you like, you paint it with your favourite colours, plant flowers around it, take a picture of it, and show your family and friends. The next day you go to water it and find that it has been crushed to pieces. How do you feel? Love can pain sometimes.

One day as I walked home from the market I passed a group of boys near our gate taking drugs. I had to go to neighbour's house to collect our house key and as I passed them, they grabbed me. One boy told me that if I didn't follow them they would shoot me on my forehead and I will die and take them nowhere. I decided to follow them because I didn't want to die before making my dreams come true. I was very scared. When I asked them where they were taking me one boy slapped me. I cried to God to save me. They took me somewhere and tied my feet and hands on a chair and tied my mouth.

One boy then told me that they would send me to the nearest bank to steal money, and I replied that I did not know how to steal. They hit me again until I fell down and the cloth they had used to tie my mouth fell down. I decided to scream as loudly as I could and the neighbours heard and came to my rescue. They called the police and the boys were arrested and jailed.

Betty Khayeshe

The evening wind blew strongly making the eucalyptus trees sway from side to side. Children moved hither and thither to their homes and cows also arrived back to their sheds from the grazing fields. Soon it was dark. Mother continued preparing supper while we watched our favourite programme on TV called "Days of our Lives".

Soon supper was ready and we settled down to eat. Later we went to bed. It was a very quiet night except for the mosquitoes and owls that hooted spelling out the evil spirits. No sooner had we fallen asleep than we were awakened by screeching tyres.

This marked father's arrival for he always came home late, and drunk. He banged the door very loudly, while yelling at my mother. By now we were all awake and in the sitting room wondering what to do. My mother opened the door for him and served him food. He threw the plate at her and beat her. Her loud screams brought the neighbours who came and tied up my dad. The neighbours later left and my mother and father talked and forgave each other. From that day onwards, things were very different at home. My father never beat my mother again. Love won the day

Judith Anyango

The power of love is a strong feeling that can make one do anything.

In our village there was a family of three sisters and one brother. These sisters were very beautiful. All the four children went to school.

One day, a certain boy noticed one of the sisters as she went about her business. He decided to follow her and know where she lived. The next day he waited for her by the roadside to talk to her. A friendship started between these two, and the girl who was always very careful let her guard down.

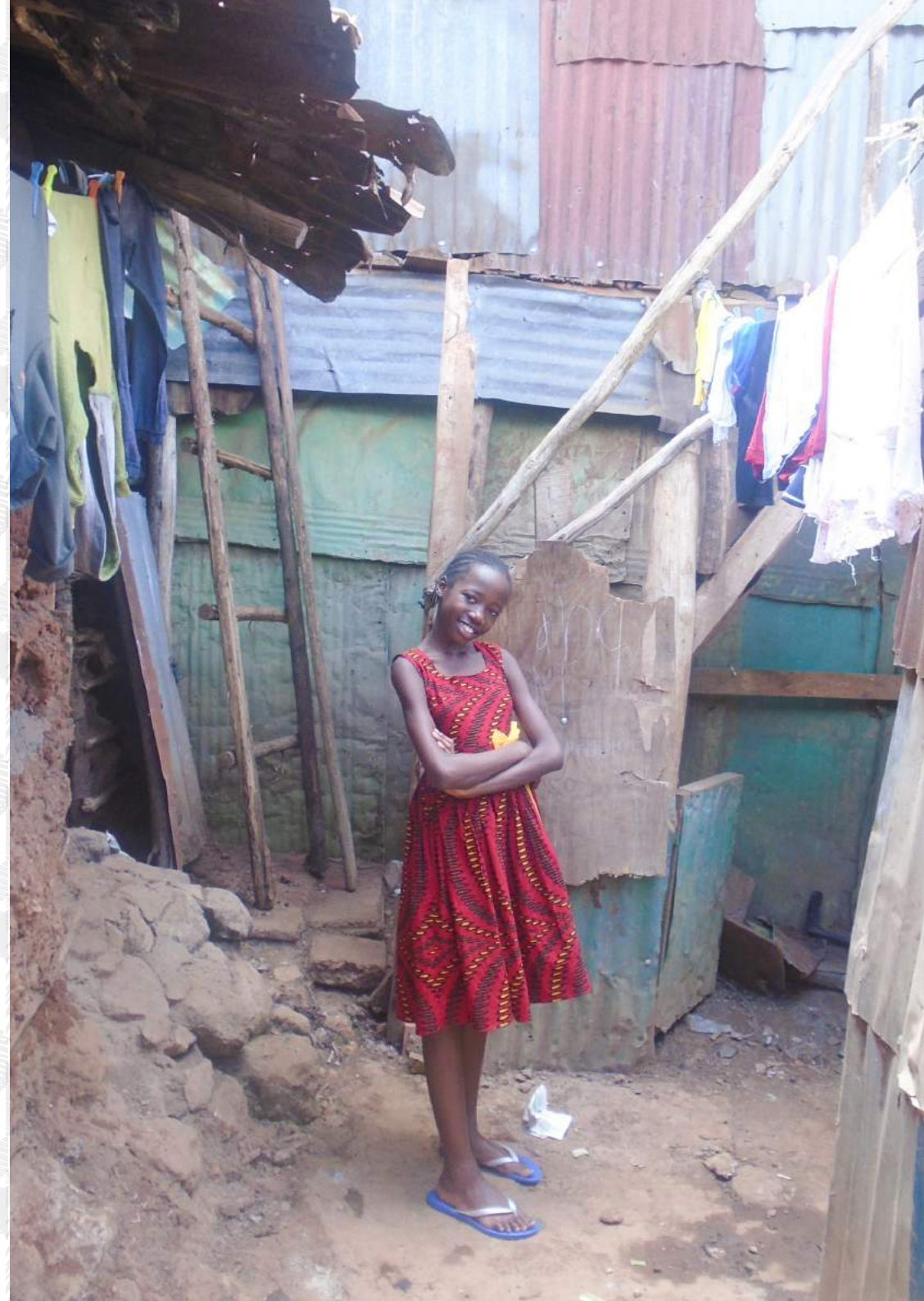
The two would walk together towards school and part ways near their schools as they were both in different schools. One Saturday afternoon the girl lied to her parents that she was going to her friend's house yet she was going to meet this boy. The boy took her to the forest where he took advantage of her and left her there. The strong emotions he had towards this girl led him to do this. This was a very sad situation.

Clare Agoia



References

Original hand written essays



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