

Advancing Evidence-Based Solutions to Support Pregnant and Parenting Adolescents in Kenya (PROMOTE 2.0)



Background

Early childbearing continues to disrupt the education, health, and socio-economic prospects of adolescent girls across sub-Saharan Africa. For many girls, early and unintended pregnancy is a leading cause of school dropout, limiting opportunities for education, economic security, and long-term well-being. Pregnant and parenting adolescents often face stigma, financial hardship, and lack of childcare support, all of which hinder their ability to return to school or pursue vocational training.

Between December 2021 and November 2024, the African Population and Health Research Center (APHRC), the Centre for Social Research (CSR) at the University of Malawi, and the Institut Supérieur des Sciences de la Population (ISSP) at Université Joseph Ki-Zerbo, Burkina Faso implemented the Action to empower adolescent mothers in Burkina Faso and Malawi to improve their sexual and reproductive health (PROMOTE) project. Findings from Ouagadougou (Burkina Faso) and Blantyre (Malawi) showed that an integrated package - conditional cash transfers, childcare support, and life-skills training - can help adolescent mothers overcome key barriers to school re-entry while improving their sexual and reproductive health and mental well-being.



“Evidence shows that a combination of childcare support, financial assistance, and life-skills training can help adolescent mothers overcome barriers and return to school.”

Key Challenges Facing Parenting Adolescents

- Social stigma and discrimination
- Financial hardship
- Inadequate childcare support
- Financial and social barriers to school re-entry
- Limited opportunities to pursue vocational training
- Economic insecurity

Core Intervention Package

- Conditional cash transfers
- Childcare support
- Life-skills training



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PROMOTE 2.0 Overview

Building on this evidence, APHRC, in collaboration with Miss Koch Kenya and U-Tena Youth Organization, is implementing PROMOTE 2.0 in the urban informal settlements of Korogocho, Viwandani, and Mukuru in Nairobi. The study assesses whether a 12-month package of childcare support, life-skills training, and conditional cash transfers can promote school or vocational training enrolment and improve sexual and reproductive health, mental well-being, and socio-economic outcomes among adolescent mothers.

A total of 311 adolescent mothers are participating in the study and have been randomly assigned to one of two groups:

- **Control Group**

Participants in this group are not receiving the intervention during the study period but will receive a stipend at the end of the study.

- **Full Intervention Group**

Participants in this group are receiving a combination of childcare support, life-skills training, and cash transfers conditioned on enrollment in school or vocational training.

The study compares outcomes across groups to determine whether the interventions are leading to meaningful improvements in school re-entry, skills development, and health and well-being.

Expected Outcomes

PROMOTE 2.0 aims to generate evidence to inform policies and programs that support pregnant and parenting adolescents. The project will contribute to:

Increased school re-entry, participation in vocational training, and improved sexual and reproductive health knowledge and practices among adolescent mothers.



Enhanced mental health and overall well-being of adolescent mothers.



Evidence on the feasibility and acceptability of childcare support, life-skills training, and conditional cash transfers by adolescent mothers. These findings are critical for informing scale-up.



Strengthened evidence to inform policies and programs supporting pregnant and parenting adolescents, and enhanced stakeholder engagement to scale effective interventions in similar contexts.



At a Glance



Geographical Focus

Informal settlements (Korogocho, Mukuru and Viwandani) Nairobi, Kenya



Target Beneficiaries

Pregnant and parenting adolescents



Project duration

December 2024 to December 2027

References

1. APHRC, Miss Koch Kenya and the Directorate of Children's Services, Nairobi County (2023). Understanding the experiences of pregnant and parenting adolescents in Korogocho, Nairobi, Kenya. <https://knowhub.aphrc.org/bitstreams/e534e69f-6ddd-4c4e-9f5f-291fa15bf228/download>
2. Kabiru, CW, Munthali, A, Sawadogo, N, Ajayi, AI, Asego, C, Ilboudo, PG, et al. (2023). Effectiveness of conditional cash transfers, subsidized child care and life skills training on adolescent mothers' schooling, sexual and reproductive health, and mental health outcomes in Burkina Faso and Malawi: the PROMOTE Project pilot randomized control trial protocol. *Reproductive Health [Internet]*. 2023;20(1):166. <https://doi.org/10.1186/s12978-023-01706-9>



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