

# HELPFUL MEDIA RESOURCES



## Quick Facts About Lesotho:

- Lesotho is a country of approximately 2 million people
- Lesotho is landlocked within the Republic of South Africa
- Lesotho has the world's 2nd highest rate of HIV/AIDS

## Quick Facts About *Help Lesotho*:

- Help Lesotho was founded in Ottawa, ON in 2004 by Dr. Peg Herbert
- Help Lesotho's programs directly benefit between 15-20,000 vulnerable children, girls, youth and grandmothers annually
- Help Lesotho's programs focus on empowering children and youth and the networks that support and sustain them through education, leadership development and psychosocial support

## *Help Lesotho's Unique Contributions:*

- Help Lesotho is the only organization of size with its head office in the field (in Hlotse, Lesotho). This is a long-term commitment to our beneficiaries.
- Help Lesotho has the expertise to support our beneficiaries' cognitive development through effective psychosocial support
- Help Lesotho's programs target multiple population groups so that entire communities receive the same messaging and education

## Key Themes:

- *Gender equity* – the empowerment of girls and women, why educating girls matters, and the need to include boys/men in gender programming
- *Education* as a tool to prevent the spread of HIV/AIDS and reduce stigma/discrimination
- *Holistic, sustainable development* – help people heal from trauma, gain skills, and take action for the benefit of others
- *Life skills training* – empower vulnerable people to develop strategies to cope with challenges and make healthy decisions