SOILATHON · NAMIBIA

Olukonda Resilience Club

“Be Strong Means Speak Up”

Building resilient youth, strong communities and sustainable futures in Namibia



Kornelia Namwandi | Namibia

The Challenge

- Mental health stigma among rural youth
- Limited safe spaces for open conversation
- Emotional struggles often remain hidden
- Isolation affects wellbeing and community participation

Our Response

Peer-led resilience circles

Young people supporting young people, in their own words.

- **Safe spaces to speak openly**
- **Peer support and mentorship**
- **Emotional wellbeing discussions**
- **Resilience and coping skills**

The Impact



Increased willingness to speak up



Stronger peer support networks



Improved sense of belonging



Greater resilience among learners

Connection to Soil Democracy



Just as soil needs care, restoration and protection, young people need supportive environments to grow, thrive and contribute to their communities.

Recommendations

1. Create youth safe spaces in schools and communities
2. Support peer-led wellbeing initiatives
3. Integrate mental wellbeing into community development
4. Recognise youth voices in shaping resilient territories

Key Message

“If we want resilient communities, we must first build resilient people.”

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