

From Rejection to Resilience: My Story – Daisy Wafula

My name is Daisy Wafula, and I am 18 years old. I have a beautiful daughter named Arianah Amor. I am currently studying in Form Two at Huruma Mixed Secondary School. One of my favorite hobbies is basketball, a sport that helps me release stress and boost my confidence. When I play basketball, I feel like I can overcome any challenge, no matter how daunting it may be.



Why I Tell My Story

I believe that telling my story is not just about me—it's about empowering other teenage mothers out there who may feel hopeless and isolated, like I once did. I want to encourage them to keep going and to remind them that their lives are not over just because they became mothers at a young age. I want them to know that there is hope, and with determination, they can still achieve their dreams. Sharing my experiences with others allows me to spread a message of strength and resilience, and hopefully, inspire someone who is struggling.

What Motivates Me

The biggest motivation in my life is my daughter, Arianah. Every time I see her smile, I feel like I can keep going, no matter how tough life gets. She is my reason for waking up every day and fighting for a better future. I want to give her a better life, one where she doesn't have to struggle the way I have. I want to show her that no matter the challenges, we can always rise above them. She is my driving force, and she keeps me going even on my darkest days.

The Pain of Pregnancy and Rejection

When I first found out I was pregnant, I felt completely lost. I was young, and becoming a mother was never something I planned for. The father of my child disappeared as soon as he heard the news, leaving me completely alone. My friends—who I thought would support me—also turned their backs on me. They all ran away, and I was left feeling abandoned and rejected.

The discrimination I faced was overwhelming. Everywhere I went, I felt like I was being judged. My peers insulted me, called me names, and made me feel like I was worthless. I became so isolated that I started withdrawing from people. It felt like I was invisible to the world, and the pain was unbearable.

One day, when the pain of rejection became too much, I even went to the chemist to buy abortion pills. I didn't feel ready to become a mother, and I was scared. All my friends had left me, and I felt like I was completely alone. I saw myself as nobody, just a girl who had made a mistake and was paying the price for it. But despite everything, deep down, I couldn't bring myself to go through with it. I was torn between the fear of being a mother and the love I was already starting to feel for my baby.

The Struggles of Early Motherhood

When I gave birth to Arianah, I thought things would get better, but the struggle only intensified. The insults from friends and family continued. It felt like I couldn't escape the judgment, and no one believed I could raise a child. I felt like I was sinking deeper into a world of loneliness and despair.

My family didn't have a steady income, and we were struggling to survive. There were days when we had nothing to eat, and I felt like I was failing my daughter. I didn't know how to provide for her or how I could even give her the life she deserved.

Despite all the challenges, I never gave up on my daughter. I loved her with everything I had, but the weight of being a teenage mother without support was too much to carry. I started to lose hope, thinking that nothing would ever change.

How CFK Came to My Rescue

Then, just when I felt like I was at my lowest point, something amazing happened. CFK came into my life, and they changed everything. They didn't see me as a mistake or as someone who had failed—they saw potential in me. They saw a girl who needed help, and they decided to act.

CFK took me back to school and paid for my school fees, something I had no hope of achieving on my own. Going back to school was a life-changing experience for me. For the first time in a long time, I felt like I had a future again. I wasn't just a teen mom—I was a student, a young woman with dreams and aspirations. I am now in Form Two, and I believe that with hard work and dedication, I will achieve all my goals.

CFK didn't just provide me with an education, they also gave me a safe space, a community of people who truly care. Through their programs, I have learned to empower myself and to believe in my abilities. They gave me the support I needed to heal from all the emotional wounds I had carried for so long.

Believing in My Dreams

Now, I have a different outlook on life. I know that being a teenage mother doesn't define me. It is just one chapter in my story, and I will not let it be the one that decides my future. With the support of CFK, I have learned to dream again and to believe that I can achieve everything I want. I know that I will graduate, I will succeed, and most importantly, I will be able to give Arianah the life she deserves.

To every teenage mother out there who feels alone or like she has no way forward, I want to tell you this: You are not alone. There is always hope, and your story is not over. Keep going, even when it feels like the world is against you. You can still achieve great things, and your dreams are within reach.

This is my story: a story of hardship, rejection, love, and hope. And I know that the future is brighter than I ever imagined.

Unbreakable: My Story – Faith Ndanu

Life has a way of taking unexpected turns, and mine did when I got pregnant at the age of 16. I was still in school, full of dreams, and never imagined myself as a teenage mother. But when I found out I was expecting a baby, my world changed completely.



On July 9, 2024, God blessed me with my beautiful daughter, Eliana Mutheu Ndanu. Holding her in my arms for the first time was a moment of overwhelming love, but behind that joy was a journey filled with pain, rejection, and struggles.

Facing Rejection and Judgment

Pregnancy as a teenager is never easy, but what made it even harder for me was the rejection I faced. My friends slowly distanced themselves from me. The people in my community whispered behind my back, questioning how a young girl like me could end up pregnant. I felt like an outcast, as if my worth had been reduced to a mistake rather than a person with dreams and potential.

At times, I would cry myself to sleep, wondering if I would ever be accepted again. I asked myself so many questions: Will I still have a future? Will my daughter grow up in a world that looks down on me? But in those dark moments, I turned to God for strength. I prayed for guidance, for courage, and for the ability to move forward despite everything.

The Power of Sharing Stories

One of the things that kept me going was listening to stories of other teenage mothers who had been through similar situations. I realized that I was not alone. Their experiences taught me that even in the most difficult times, there is always hope. That is why storytelling is so important to me; it allows us to connect, to share, and to remind each other that we are not defined by our mistakes but by how we rise from them.

When I share my story, I want to encourage other girls who feel lost and ashamed. I want them to know that there is always a way forward, no matter how hard things get.

Finding Support and Hope

Just when I thought my dreams were slipping away, CFK came into my life. They did more than just pay my school fees, they gave me hope. Through them, I joined a team of fellow teenage mothers, and for the first time in a long time, I felt valued and understood. In that safe space, I found confidence in myself again. I learned that being a young mother does not mean my life is over; it means I have to fight even harder for my future and my daughter's future.

Going back to Ruaraka High School as a Form 3 student was not easy, but I am determined. My hobby is dancing, and whenever I dance, I feel free. It reminds me that I am still me—Faith Ndanu, a girl with dreams and talent. My certificate in music festivals is proof that I can still achieve great things.

My Motivation to Keep Going

Every morning when I wake up and look at my daughter, I know why I keep pushing forward. She is my greatest motivation. I want to be the mother she deserves: strong, educated, and capable of giving her a better life.

I also remind myself every day that I am alive, and as long as I am breathing, I have the power to change my story. No challenge is too big when you believe in yourself and have the right people supporting you.

To every girl who feels alone, ashamed, or discouraged—you are not alone. There is always hope, always a way forward. Keep believing in yourself, keep pushing, and one day, you will look back and see how far you have come.

Faith Ndanu