

YOUR ANNUAL UPDATE FROM NEPAL

In Nepal, life can be very challenging for children, especially girls. Menstrual hygiene management is considered a taboo. Traditionally, women are not allowed to perform certain activities during menstruation, such as touching senior family members and entering or praying in temples. A lack of separate toilets discourages girls to go to school when they are menstruating. Moreover, girls also have less access to quality education as families would rather send them to public schools while boys are sent to private schools. In such a situation, girls rarely achieve their full potential.

We wanted to share some exciting progress made in Nepal – thanks for your support that made them possible! Last year, with your sponsorship, Plan International organised menstruation hygiene training for adolescent girls and young women, trained community health volunteers on early childhood care and development, implemented online birth registration system for all sponsored children to have their birth registration and ensured 100% of the children are immunised.

These are just a few of the incredible achievements taking place across Nepal. We couldn't be more grateful to you for making them happen. Read on to find out how has your kindness touched and transformed the lives of children, like your sponsored child, across this region.



"I'm very happy to be a sponsored child of Plan International. I have participated in activities, where I learned how to make my life better, set goals, learn about changes that occur to adolescent girls and inequality among boys and girls."

Radhika, 16, sponsored child from Sindhuli

OUR IMPACT

355 STUDENTS PARTICIPATED
IN RISK REDUCTION
TRAINING IN MAKWANPUR

3,240 PARENTS
PARTICIPATED IN AWARENESS
SESSIONS ON POSITIVE
PARENTING
IN BANKE

528 GIRLS LEARNED ABOUT
LEADERSHIP DEVELOPMENT
AND PUBLIC SPEAKING AND

382 GIRLS LEARNED ABOUT
GOOD REPRODUCTIVE DECISION
MAKING IN SUNSARI

CONSTRUCTED 38
CLASSROOMS AND
HYGIENIC TOILETS
IN SINDHULI

800 CHILDREN LEARNED
ABOUT CHILD PROTECTION
AT OUR CHAMPION OF CHANGE
CENTRES
IN KARNALI

1,907
COMMUNITY MEMBERS
INCREASED THEIR AWARENESS
OF CHILD MARRIAGE IN
KARNALI

RAISING CHILDREN WITH CARE

Many parents are not aware of the importance of positive and gender-sensitive parenting. Making matters worse, caregivers are often not adequately trained on early childhood stimulation and development. Problems often begin early as many mothers do not have sufficient knowledge of available maternal health services.

We trained staff members from 40 early childhood and development centres on responsive care and early stimulation as well as on the creation of age-appropriate playing materials.

We also trained mothers and fathers on positive parenting and taking gender issues into consideration. By strengthening these skills for parents, children can benefit from their parents' caring and suitable guidance. The parents also received a course on immunisation and providing good nutrition to infants and young children.

Mothers learned about different maternal health services such as antenatal and postnatal care and delivery services. These parenting education sessions have improved positive interaction of parents and caregivers which allowed better growth and development of the children living in Makwanpur.



PARENTS AND CAREGIVERS HAVE INCREASED KNOWLEDGE ON GENDER EQUITABLE AND NON-DISCRIMINATORY EDUCATION METHODS

CLEAN WATER AND DISASTER PREVENTION

Many people in Sindhuli do not have access to adequate clean water supply or sanitation facilities and lack sufficient knowledge of good hygiene. Disasters like flood and landslides are common. Unfortunately, disaster emergency plans do not exist in local communities. To keep the people of Sindhuli safe, we worked with the communities to identify prevailing hazards and risks, helped them prioritise their needs and taught them how to react during a disaster to keep themselves and their families safe.

We performed mock exercises in eight schools and developed an evacuation plan to prepare students and teachers for natural disasters. We also held two events for the community and religious leaders to learn about gender transformative and inclusive water, sanitation and hygiene solutions. The events have reduced the cases of water and hygiene-related diseases among children and discrimination towards girls and young women in marginalised and vulnerable communities.

"We had to walk long distances to collect water and didn't have enough time to study. Now, Plan International has supported a water supply project in our area, which has made our lives easier and we now have time for reading and writing!"

Susmita, 11, sponsored child from Sindhuli



MORE CHILDREN LEARNED ABOUT PROPER HYGIENE AND HAVE ACCESS TO CLEAN WATER

EDUCATION FOR ALL

In rural Nepal, many children are excluded from accessing education. This is often due to the geographical barriers of the region, which creates long, difficult commutes to schools. Family negligence and discrimination towards the needs of a child also play an important role.

Children that belong to socially excluded castes face additional barriers to attend school. They endure discrimination in their communities and classrooms, because of their poor socio-economic status. Many of their parents are illiterate and are unable to monitor the academic progress of their kids.

Plan International worked to improve the inclusivity of education in Karnali and created a safe learning space for all children. We focused on ensuring that vulnerable social groups and children with disabilities can attend class to create brighter futures for themselves.

Teachers were trained on teaching in sign language and braille scripts to support students with audio and visual disabilities. Training on how to provide effective instruction for students with other intellectual disabilities was also conducted.

50 schools in Karnali were enabled to improve the inclusiveness and safety of their learning environments for all school-aged children because of our programme.



SCHOOLS IN KARNALI ARE BECOMING SAFE AND ACCESSIBLE FOR ALL CHILDREN

STRENGTHENING CHILD PROTECTION

Children in Sunsari are vulnerable to many forms of violence and rights violations such as child marriage and child trafficking. The open border between Nepal and India makes cross-border trafficking more threatening to young girls and boys. As the state is restructuring, child protection policies have not been imposed yet and the establishment of an official protection committee has not been fulfilled. This means that there are no proper, official mechanisms in place to ensure that children stay safe.

Plan International has supported three municipalities in the preparation of an official child protection policy. We have been preparing an Anti-Child Marriage Strategy and Action Plan to help end the harmful practise of child marriage in local communities. Public rallies were organised across 20 different communities to raise awareness on the importance of child protection and the consequences of these harmful practices on children. Additionally, 400 people from these communities have received an orientation on anti-child marriage practices.

"I'm very happy to have the opportunity to participate in the training about child marriage. I gained knowledge about what is violence, how to protect myself from violence and the reporting procedure. I know I should not marry before the age of 20. Thanks, Plan International, for giving me this opportunity."

Shinku, 18, sponsored child



PLAN INTERNATIONAL IS HELPING CREATE POLICIES TO KEEP ALL CHILDREN SAFE IN SUNSARI

RESILIENT GIRLS AND BOYS

Sanitation in Banke area remains a key issue. A number of schools do not have adequate toilets to cater to the needs of their students. This creates an unhygienic environment where diseases can easily spread. Moreover, girls also lack menstrual hygiene management skills which affect their school attendance.



2,056 CHILDREN PARTICIPATED IN A FIRST AID TRAINING ORGANISED BY THE JUNIOR RED CROSS CIRCLE

We organised 40 sessions to sensitise the public on the importance of good hygiene practices such as washing hands and using toilets. We are slowly changing the harmful practices in communities that lead to the spread of non-communicable diseases like diarrhoea. We have built school latrines and water facilities in eight schools as well as carried out campaigns that promote hygiene and sanitation in school clubs. Now, a higher number of children have access to clean toilet facilities.

To deal with the problem of irregular school attendance of girls due to the lack of menstrual hygiene skills, we have established menstrual hygiene corners in eight schools to educate girls on how to keep their bodies clean during their period. In most schools. Children can now discuss menstrual hygiene openly, which breaks the social taboos around this subject. We have also supplied girls with sanitary towels to ensure that they are able to attend school.

YOUR SUPPORT IS CHANGING LIVES

With your ongoing support, Plan International will continue to ensure that children's rights are respected and our next generations are going to thrive.

In the coming year, we will continue to work with the children, families and partners across Nepal:

- Preventing forced and early child marriage, e.g. by influencing policy and society practices in Banke, implementing a missing child alert system in Sunsari
- Strengthening children's rights, e.g. enforcing child protection mechanisms to make sure children are better protected from violence, especially gender-based violence against girls in Makwanpur, supporting children's rights clubs and young people's organisations to raise awareness of young people's challenges in society and in the family in Sindhuli, as well as igniting a youth-led movement to end gender inequalities in Karnali. Creating opportunities for young people through skill enhancement programs such as vocational training in order to adequately prepare them to take up productive employment in Banke.
- Supporting early childhood development by introducing good parenting practices and building safe learning spaces which allow children to begin their educational journeys in Sunsari.
- Strengthening community resilience through disaster risk reduction management programming and investing in clean water and sanitation.
- Training parents and teachers to enhance early learning and reading comprehension and prioritise inclusive education and child-friendly facilities at the schools in Sindhuli.

These are just some of the many ways your kindness will continue to touch the lives of your sponsored child and other children. We wouldn't be able to do this without supporters like you!



MESSAGE FROM
NETRA PRASAD UPADHAYA
Programme Area Manager,
Makwanpur

"Thank you for your generosity and continued support. We are proceeding towards our goal of promoting children's rights and equality for girls, reaching large numbers of girls to eliminate child, early and forced marriage in Nepal."



MESSAGE FROM **KALAWATI CHANGBANG**
Programme Area Manager,
Sunsari

"I want to take this opportunity to thank all sponsors for contributing to the development of our community and supporting children's rights. Because of you, young women and girls have been realising their potential in our community. Your continuous support will keep inspiring us to create more positive change."



MESSAGE FROM **MINA PARAJULI**
Programme Area Manager,
Banke

"We are very grateful for your kind support and cooperation to Plan International! We are closely working with the government and civil society organisations to make them accountable on the issues of children, adolescents and youths. We will continue to work with children, families and communities to empower them to claim their rights."



MESSAGE FROM **RAM BAHADUR SHRESTHA**
Programme Area Manager,
Sindhuli

"I would like to express my sincere gratitude to all the sponsors. Your support is a great help to bring changes in children's and young people's lives in Sindhuli."



MESSAGE FROM **YOGESH NIRAULA**
Programme Area Manager,
Karnali

"I would like to express my heartfelt thanks for your support in creating an environment where children get opportunities to bring out their best. We have been able to promote a safe learning environment through our inclusive education project and encourage government to take accountability for child protection policies."

