

## YOUR ANNUAL UPDATE FROM HONDURAS

We wanted to share some exciting progress made possible in Honduras—thanks to support from you!

Gender inequality and poverty are problems which people in Honduras is facing. Gender inequality and lacking knowledge about sexual and reproductive health and right put girls at a disadvantage, causing teenage pregnancies, early and forced marriages. These marriages are frequently characterised by domestic violence.

Throughout fiscal year 2020, with the help of your sponsorship, we were able to organize sexual and reproductive health workshops, girls are now able to make informed choices about their lives and bodies. We have further strengthened local governments and state institutions to highlight and prioritize sexual and reproductive rights, prevention of gender-based violence and early marriage. Apart from that, youth network are created where young people realise their civil and political rights and have their voices heard as active drivers of change.

We are grateful to you for making these changes possible. We know you will enjoy reading on to see how your generosity is changing the lives of children, like your sponsored child, across this region.



## OUR IMPACT

**689** CHOLUTECA'S YOUTH  
ARE AWARE OF THEIR SEXUAL  
AND REPRODUCTIVE RIGHTS

**4,014** FAMILIES RECEIVED  
FOOD AND HYGIENE KITS  
DUE TO COVID-19 IN COPAN

IN LEMPIRA, **575** PEOPLE  
TRAINED ON CHILD PROTECTION

**234** GIRLS CREATED  
ADVOCACY PLANS FOR  
SANTA BARBARA LOCAL  
GOVERNMENTS

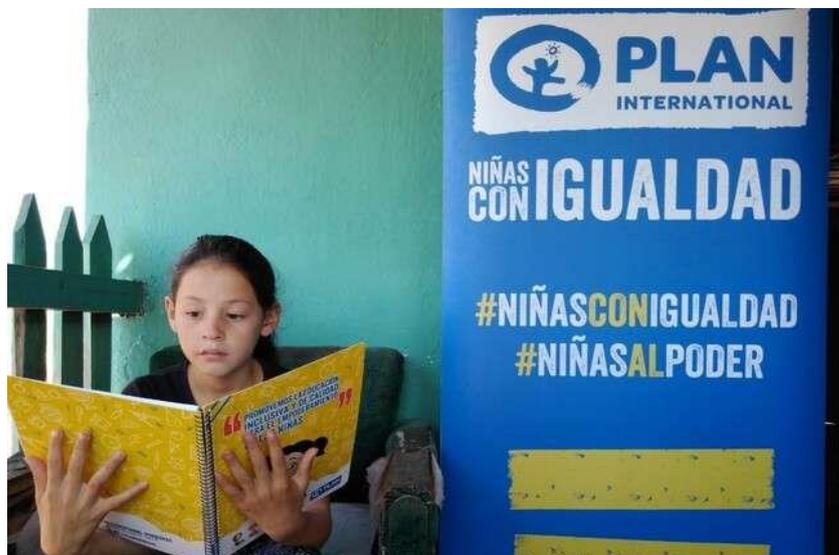
## PLAN INTERNATIONAL COVID-19 RESPONSE



COVID-19 is having devastating impacts all over the world. It is not only a health emergency, it is an education and protection emergency. Since girls are often worse affected during a crisis, Plan International is putting them at the heart of our response and long-term outlook. We have scaled up healthcare systems, food security, access to clean water, handwashing and awareness campaigns, and keep education in children's lives via radio broadcasts.

# LEARNING IN A SAFE ENVIRONMENT

Every child has the right to feel safe, both at home and at school. We worked to create safe, pleasant environments free from all types of violence and sexual abuse.



**FEELING SAFE AT SCHOOL TRANSLATES INTO LESS DROP-OUTS, HIGHER ACADEMIC ACHIEVEMENT AND INCREASED STUDENT WELL-BEING**

To prevent students from dropping out of secondary school, we organised groups in Copan for girls and boys to talk and discuss their rights and how to be protected.

We trained teachers in sexual and reproductive health and rights, and we informed authorities about child rights and protection to increase both knowledge and support. Through this project, 304 teachers learned about sexual and reproductive health and rights and shared information about this topic with more than 2,000 students.

7,003 students have been supported with school supplies and 42 girls received a scholarship to be able to continue their studies. 1,862 parents participated in training to learn about the importance of education and how to create a safe environment at home.

## YOUTH ADVOCATE FOR CHANGE

In Santa Barbara, girls are often not heard in important decisions about their own lives. Girls and young women are held back by gender inequalities and oppression that prevent them from playing an active role in their communities.

To help young people realise their civil and political rights, we trained 228 young members of municipal councils in issues of identity, citizen

participation, and gender-based violence. Through their participation, they advocated for changes to happen in their communities.

And with our support, 118 young women from community-based organisations have taken on leadership positions. This has inspired other girls in their communities to see women as power-holders.

*"Thanks to Plan's 'Youth Platform,' I feel more confident, I am less shy and now I feel more capable of expressing my concerns and proposals. Above all, I feel more confident in demanding and enforcing my rights."*

**Deby, 16, member of 'Youth Platform'**



# RESPONDING TO EMERGENCIES

Choluteca was not only hit by the COVID-19 pandemic, but also by a severe drought. As a result, many families lost their crops and income and thereby their access to food



**720 FAMILIES RECEIVED FOOD AND HYGIENE KITS PROVIDING THEM WITH FOOD FOR A MONTH**

In a crisis, we see a further increase in gender-based violence and disadvantages for girls. The protection needs of children have to be met, with particular attention paid to the unique risks faced by adolescent girls. To meet these challenges we started training sessions in 20 communities to make children and families aware of the consequences of gender-based violence. In these sessions, the families reflected on gender roles and stereotypes, causes and consequences of violence, and as a result, they changed their attitudes.

Our COVID-19 response focused on communicating public health information and distributing hygiene kits. All families who participated received a food and hygiene kit. Two local governments and eight municipal offices were involved in project activities, providing technical and logistical support.

## KEEPING CHILDREN SAFE

Children's rights are not well known in Lempira, and gender inequality persists in the region. Girls and young women regularly experience domestic violence and sexual harassment, and without sexual and reproductive health education, they are unable to make informed choices about their lives and bodies.

To help keep all children safe, we have trained 575 members of grassroots organisations on protection against all types of violence and how to defend the rights of children and women in their communities.

We also held workshops with 406 young people on their rights, gender equality, and how to raise their voices on the issues that affect them.

*"I can be part of the decisions that serve the majority. I aspire to continue educating myself because I want to be an agricultural engineer to practice my knowledge with the people of my community."*

**Keilyn, 14, project participant**



# YOUR SUPPORT IS CHANGING LIVES

With your support, we will continue to protect children's rights so they are able to thrive.

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



- Ensuring all children have access to inspiring learning environments by supporting and expanding school libraries and children will be supported with educational kits. We will also support training processes for authorities, teachers, organisations and parents. At the same time, we work together with local and national government, to focus on protection issues affecting children in educational centres.
- Influencing decision-makers to prevent teenage pregnancies as well as early and forced marriages. We train girls to be agents of change, influencing their families, communities and authorities, to prevent of gender-based violence, early marriage and teenage pregnancy.
- Establishing further alliances with the municipal councils for the Protection of Children and Adolescents, in order to increase access to sexual health care and disease prevention. Therefore young people can make informed choices about their bodies.
- Increasing opportunities for young people, particularly women, to gain vocational skills and knowledge they need so they can improve their life skills and support themselves, their families and communities. We also continue to promote financial empowerment of girls and aim to bridge the gender gap in leadership.

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



#### MESSAGE FROM **JUAN LOPEZ**

Programme Area Manager, Choluteca

"From Choluteca, on behalf of the children and their families, many thanks to each one of you for joining minds and hearts with Plan International and thus bringing development and opportunity to each child benefiting from our programmes. Together we do it well!"



#### MESSAGE FROM **YASMIN MEDINA**

Programme Area Manager, Santa Barbara

"With your support, we have changed the lives of boys, girls and young people in Santa Barbara. We are helping girls to play an active role in their families and communities, to acquire knowledge that empowers them for life. This is only possible because of their trust and support for our work. Thank you!"



#### MESSAGE FROM **ISRAEL SARMIENTO**

Programme Area Manager, Copan

"At Plan, we transform the living conditions of children, ensuring that their rights are heard, respected and that they are protected from all types of violence and abuse. Thank you for being part of this success."



#### MESSAGE FROM **FRANCIS ARDON**

Programme Area Manager, Lempira

"Your support of Plan strengthens the hope and joy of working for the dreams of Honduran children. Thank you for forging positive change in poor families who receive training, education, health and humanitarian action. You are making a difference in the lives of girls and boys in my country."

