

YOUR ANNUAL UPDATE FROM ZAMBIA

We wanted to share some exciting progress made possible in Zambia - thanks to support from you!

Most families in Zambia rely on farming or raising livestock. However, the region is vulnerable to severe natural disasters, causing economic losses to many families. Apart from natural disasters, 57% of people in Luapula do not have safe water and many children grow up malnourished. 1 in 4 children in Luapula are out of school, with only 30% of children enrolled in secondary school in Central Zambia. Besides, youth unemployment is high.

Throughout fiscal year 2020, with the help of your sponsorship, we were able to improve farming methods to increase agricultural production while also protecting the soil and natural environment. We also trained communities on the importance of using household toilets and safe water. Through sexual and reproductive health education, both girls and boys were able to make informed decisions about their lives, their bodies, and their relationships.

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

6,321 PARENTS TRAINED ON CHILDREN'S RIGHTS IN CENTRAL ZAMBIA

5,000 CHILDREN IN EASTERN ZAMBIA IMPROVED ACCESS TO NUTRITIOUS FOODS

600 GIRLS EMPOWERED THROUGH VOCATIONAL SKILLS TRAINING IN LUAPULA

13,960 YOUTHS, WOMEN AND COMMUNITY LEADERS IN CENTRAL ZAMBIA AND LUAPULA TRAINED ON PREVENTION OF COVID-19

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.

FEEDING THE FUTURE

Women in Eastern Zambia face significant barriers in accessing nutritious food and quality healthcare, for both themselves and their children. A lack of knowledge on

good nutrition during pregnancy and early childhood has led to more than 30% of children under 5 growing up malnourished.



MORE THAN 8,000 YOUNG CHILDREN ARE NOW ABLE TO GROW UP EATING HEALTHY AND NUTRITIOUS FOOD

To help ensure all children have a healthy start in life, we have provided training sessions for both mothers and fathers on the importance of preparing nutritious, locally available food to their children.

We also trained parents and young people on the importance of good sanitation and hygiene practices, so they are able to keep themselves and their children safe from deadly water-borne illnesses.

And local healthcare teams are now better equipped to detect and treat cases of malnutrition in the community, so more children are given the essential care that they need.

CLEAN WATER AND BETTER HYGIENE

Many communities in Luapula do not have clean drinking water or sanitary toilets, and many people are forced to practice open defecation. Children are vulnerable to deadly illnesses from living in unsanitary conditions and drinking unsafe water.

To help children grow up safe and healthy, we have improved access to water and sanitation by building clean toilets and water facilities at schools and in

the community. We have also trained 25 community members to promote good hygiene practices with local families.

And 30 households received dignity kits to help girls and young women hygienically manage their periods. We also distributed bar soaps to more than 11,900 people to help them prevent the spread of COVID-19.

“Ever since the COVID-19 outbreak news came to our village, Plan International has really supported us young girls. I am proud to say that I am one of the beneficiaries to receive a dignity kit, which was distributed at my school.”

Vivian, 17, sponsored child



ENDING CHILD MARRIAGE

Child marriage is still a widely accepted practice in Luapula. At least 50% of marriages are of children under the age of 18. Widespread poverty and gender inequality

are significant factors in forcing girls into marriage, and many communities lack knowledge on children's rights.



To keep children safe, we have held training sessions with 156 traditional leaders on the harmful effects of child marriage and their role in preventing these practices in their communities. Now 8 chiefdoms in the area have drafted by-laws on ending child marriage.

We have also trained 60 girls and boys as mentors in informal youth clubs. These young people are now able to get help from local child protection groups whenever there are cases of child marriages in their communities.

And we have helped 2,336 children register for their birth certificates, which work to prevent child marriage by legally proving a child's age and identity.

28 TRADITIONAL LEADERS WERE TRAINED IN MONITORING AND REPORTING CHILD MARRIAGES

CHILDREN'S RIGHTS AND PROTECTION

Many rural children in Central Zambia are vulnerable to abuse. Parents and community members lack knowledge of children's rights and many children are out of school.

6,054 children and young people have gained the skills and knowledge they need to ensure their rights are upheld. And 6,321 parents have also learned about the rights of their children to go to school and live a life free from violence.

To help keep all children safe, we have supported the formation of Children's Rights Clubs. Through regular meetings in schools and communities,

We also trained 3,428 young people on sexual and reproductive health and rights, so they are able to make informed choices about their lives.

"Being a member of Child Rights Club at school has helped me and other children in my area to know our rights. We use 116 to report any abuse cases. Radio programmes on COVID-19 have also helped me know what the virus is and how I can protect myself and my family."

Patience, 17, beneficiary



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 Zambia:

- Increasing access to sexual and reproductive health services to young people, to reduce the rates of teenage pregnancy and child marriage. We will also increase the access to maternal health services and provide training on nutritious foods for healthy growth.
- Increasing access to quality education for all children by providing cash vouchers and food assistance to families. Menstrual hygiene kits will be provided to adolescent girls so that more girls can stay in school. We will also ensure all children can access quality education in a safe environment.
- Keeping children safe from violence by raising awareness of children's rights and working with local authorities to strengthen community-based child protection groups.
- Improving opportunities for youth to learn entrepreneurship and financial literacy skills. We also support village savings and loans groups, which provide a critical engine for economic opportunity and social solidarity.
- Promoting girls' rights and gender equality, and increasing opportunities for girls to play leadership roles in their communities.

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 RICHARD KALYATA

Programme Area Manager, Eastern Zambia



"We have worked towards addressing the rights of children through monitoring by-laws implementation, advocating for the provision of adolescent health and reproductive services plus provided start-up materials for girls' to enable economic resilience to prevent child marriage."

MESSAGE FROM CHRISTOPHER LUNGU

Programme Area Manager, Central Zambia



"Over the past fiscal year we have recorded life changing improvements for children and their families. We have learnt our lessons, which we will use to improve on our future achievements. Thank you very much for your continued support. We achieved all this great work because of your support."

MESSAGE FROM MARGRET NAKAMBA

Programme Area Manager, Luapula



"Thank you for your support that has helped us to improve hygiene and sanitation, and also increased access to clean water in Luapula. We are looking forward to your continued support as we embark on advancing equality of children in this area."



Plan International Hong Kong sincerely thank volunteer Miss. Ho Man Ying, Annie for consolidating this report.