



# NEPAL

## YOUR ANNUAL UPDATE FROM NEPAL

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

Nepal remains a highly patriarchal society, still impacted by a caste hierarchy. This makes Nepal as the third-highest country of child marriage in South Asia, after Bangladesh and India. Limited access to quality inclusive education, gender-based violence, child rights violations, natural disasters are issues that prevent children in Nepal from happy life.

Throughout fiscal year 2020, with the help of your sponsorship, we were able to establish 11 new local child protection committees. Adolescent were trained to work collectively against gender discrimination in their communities. Besides, we supported disaster management and reduction, inclusive quality education for all children.

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

**IN MAKWANPUR, WE HELD 12 TRAININGS FOR RELIGIOUS LEADERS TO END CHILD MARRIAGE**

**590 PEOPLE LEARNED ABOUT DISASTER PREVENTION AND CLIMATE CHANGE IN SINDHULI**

**5,000 PARENTS TRAINED ON POSITIVE PARENTING IN BANKA**

**IN SUNSARI, 5 LOCAL GOVERNMENTS DEVELOPED CHILD PROTECTION POLICIES**



## 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.

# PROVIDING COMMUNITY SANITATION

Safe drinking water and quality hygiene facilities are of major importance to all children. In Makwanpur there is still a lack of availability of safe water.



**IMPROVED HANDWASHING FACILITIES IN SCHOOLS ENSURE THAT CHILDREN STAY SAFE**

Girls and women often have the duty of fetching water from distant sources and also face serious sanitation problems during their period. To challenge this, we help to establish local water committees, to ensure access to safe drinking water all year round. With our assistance, 6 rural communities are now capable of maintaining their newly constructed drinking water systems. This means that 2,555 people in the communities now benefit from an improved water supply.

Additionally, we carried out over 20 events for adolescent girls and women in the villages to learn about menstrual hygiene management. We also taught people about harmful gender roles that negatively influence the equality of women and men.

## STOPPING CHILD MARRIAGE

Government institutions in Nepal are focused on strengthening infrastructure, rather than targeting sociocultural issues that negatively affect children, women, and girls. Social norms concerning the appropriate age of marriage for girls has led to a high rate of early child marriage. This is due to low awareness about gender equality, and common social norms perpetuating the fear that girls who marry 'late' may not find a suitable husband.

*"I am happy that I participated in capacity building training to fight against child marriage. I believe girls should get equal opportunities, and there should be no discrimination. I like to learn skills to protect myself from violence and will share it to my friends."*

**Deepa, 17, sponsored child**

Plan International Preventing Child Marriage project in Banke is aimed at reducing gender-based violence and discriminatory social norms. The local government has allocated resources for interventions on child marriage. Plan International has trained adolescent girls and boys on gender equality, and helped establish 8 Girls' Clubs with 300 girls, empowering them to lead the change against child marriage.



# CHILDREN'S RIGHTS AND PROTECTION

Gender-based violence and gender discrimination still prevail in Sindhuli. Both women and men experience gender-based violence, but the majority of victims are female. Sadly, the local government does not consider child protection a priority.



**CHILD PROTECTION POLICIES ENABLE STUDENTS TO ENJOY A SAFE ENVIRONMENT WHERE THEY CAN LEARN AND THRIVE**

To put child protection on the political agenda, we promoted safeguarding issues to local government bodies. We encouraged them to establish an action plan, supported them prepare a Municipal Level Child Protection Policy, and provided a budget.

Additionally, a total of 1,038 children participated in training on child protection issues and learned how to stay safe. Children, especially girls, improved their knowledge in protecting themselves from child marriage and violence.

We also assisted 20 schools develop their own child protection policies. Boys and girls, including children with disabilities, are now studying regularly in safe, protected schools.

Furthermore, we worked together with 900 parents and taught them about the negative effects of gender-based violence and child marriage. We also taught methods of positive parenting.

## PROVIDING AN INCLUSIVE EDUCATION

Many children do not have access to a safe, inclusive and quality learning environment, leading to a high number of children, especially girls, dropping out of school. School dropout of adolescent girls is particularly high due to many schools' lack of separate toilets for girls, inadequate menstrual hygiene facilities, and awareness.

Plan International's Gender Transformative and Inclusive Education project aims to strengthen educational institutions, improve early learning, and provide all children access to education. Through this project, 70 teachers were trained on gender-responsive teaching, 100 parents learned about establishing reading spaces at home, and 300 participants of four community schools learned about menstrual hygiene

*"I was fortunate enough to receive an orientation where I learnt about the benefits of creating a reading corner for my child. I will commit to my child's regular reading practice and habit at home. I also visit my child's school and talked to teachers once a month."*

Durgi, 32-years-old, parent



# 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 Nepal:



- Promoting access to health information and sexual and reproductive rights for adolescent to give them the best chances for a better and healthy future. We will provide parenting education sessions, to promote early childhood development.
- Supporting parents and teachers to promote reading skills among early grade children, through training and learning materials. Child-friendly and inclusive education will be improved by training teachers, improving schools and classrooms, and collaborating with local governments.
- Organising anti-child marriage campaigns. We will continue to promote gender equality through awareness-raising trainings and campaigns to enable girls to learn and decide.
- Supporting children to grow up and develop free from violence by strengthening child protection mechanisms and advocating for children's rights and equality for girls. We will help children protect themselves from gender-based violence and discriminatory social norms.
- Repairing schools which damaged by environmental disasters, and providing access to safer learning environments that minimise the impacts of disaster. We will support local disaster and climate risk reduction planning in 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 MINA PARAJULI

Programme Area Manager, Banke



"I appreciate the contribution of our sponsors which has motivated us to make best efforts to bring meaningful change in the lives of the children and youth from marginalised communities. With your support, we have been able to develop the confidence of children and youth to raise their voices against harmful traditional practices, injustice and gender inequality."

## MESSAGE FROM BASANTA KUMAR SHRESTHA

Programme Area Manager, Makwanpur



"Thank you very much for all your kind support. Your support has made it possible for Plan in Nepal to contribute to uplift the lives of girls and boys by promoting children's rights and equity for young people, especially girls who face discrimination and violence."

## MESSAGE FROM RAM SHRESTHA

Programme Area Manager, Sindhuli



"I would thank all the sponsors whose support has made advancing children's rights and equality for girls in Sindhuli possible. Because of your support, Plan is able to train families on responsive care for their children, provide quality education, and empower girls and young women to lead on their own issues and decide on their future."

## MESSAGE FROM KALAWATI CHANGBANG

Programme Area Manager, Sunsari



"We are pleased to share that for over 25 years in Sunsari, Plan International has worked tirelessly to advance the rights of girls, young women and children. We will continue to raise awareness of critical issues and address root causes of issues to ignite a movement of gender equality in community."

