

YOUR ANNUAL UPDATE

Thanks to your sponsorship, children and families are making positive changes in Stung Treng. Learn more about the valuable ways your support has benefitted.

In the last year, children, parents, and teachers developed emergency plans to keep themselves safe in the event of a natural disaster.

285 students led campaigns in their communities on the importance of good hygiene, and 334 families now have new household latrines.

Girls and boys gained the confidence they need to challenge gender roles and advocate for equality. And hundreds of youths can now take charge of their bodies and futures after gaining sexual and reproductive health knowledge.



600

Families supported to establish household gardens



709

Children received treatment for malnutrition



704

Youth learned about sexual and reproductive health



COVID-19'S IMPACT IN CAMBODIA

Hear from Sayoeurn about how COVID-19 has impacted her community.

"My aunt and grandmother got sick from COVID-19 and had to be treated at the hospital. I had to take care of my niece and there was no food at home. But I was happy when Plan International supported me with food and hygiene items. This helped me so much during a difficult time."

CASE STORY: BREAKING BARRIERS AND DREAMING BIG



NAME: KARRY

AGE: 18 YEARS OLD

HOBBY: READING & WRITING

"I am thankful for the Girls Lead project and the activities that have motivated girls and young people, especially in rural areas. I will try to realise my dreams and contribute to changing negative gender norms in my community."

Meet Karry

Like your sponsored child, Karry has been empowered by Plan International to change her life. Karry is completing grade 11 at a high school away from home – breaking barriers and forging a path for other girls every day. With skills from attending Girls Lead workshops, Karry now has the confidence to speak up for her rights and advocate for equality. And she has big dreams for her future.

Challenging Gender Roles

In Karry's rural community, girls are often prevented from playing active roles in public spaces.

Joining social clubs is not encouraged, and parents often keep their daughters at home to help with household chores. Early marriage is still common, and education for girls is not highly valued.

Karry used to follow these gender roles, until she joined Plan International's project on girls' rights. Along with other girls, she learned about gender equality and the importance of finishing her education before getting married.

Dreaming of a Bright Future

The Girls Lead programme helped Karry gain confidence in public speaking and she is embracing leadership roles in her community.

In March, she took over the role of foreign ambassador for a day. Her dream for the future is to become president so she can continue to challenge gender roles and advocate for the rights of girls.

Karry has the support of her parents to reach her full potential. Many parents took part in the Girls Lead programme, and they are now committed to girls' education and gender equality, which will help more girls like Karry.



Karry at the Indian Embassy in Cambodia

WE CURRENTLY WORK WITH 10,650 CHILDREN IN STUNG TRENG

OUR PROJECTS IN STUNG TRENG ARE HELPING CHILDREN THRIVE



204 girls and 126 boys joined youth clubs and learned about their rights

GIRLS LEAD



Negative gender stereotypes about girls' abilities undermines their self-esteem and confidence. Girls in Stung Treng are taught at an early age not to speak out and express their opinions. Many people believe that household chores are the responsibility of girls.

To empower girls to stand up for their rights, Plan has helped facilitate training sessions for 330 children and youth. By sharing personal stories on how gender roles affect them, girls and boys learned about gender equality and gained confidence in public speaking. Young people can now challenge cultural norms and advocate for change at home, in school, and in society.

More than 100 parents participated in events to improve their knowledge on girls' rights and gender equality. Parents now also feel confident in advocating for and practicing equality in their daily lives.

PROMOTING SAFE SCHOOLS



Around 30% of primary schools in Stung Treng are considered unsafe. In the remote and river-filled region, seasonal flooding often makes it unsafe for children to travel to school. A lack of knowledge on responding to disasters also leaves children and families at risk during storms.

With Plan's support, school management committees at 60 schools have now developed disaster risk reduction plans to improve student safety. 73 girls and 83 boys took part in storm simulation drills to enhance their capacity to respond and keep themselves and their peers safe.

And another 15 schools have created emergency in education plans, so children can continue learning even during natural disasters.



"I learned how to identify the risks and I can respond myself to the risks – for example, when I play in the school playground, I can protect myself from falling tree branches, or when there is a storm, flooding, or severe rains, I can find safe places to stay."
- Chalika (10) from Stung Treng

YOUR SUPPORT MEANS BETTER FUTURES



FUTURE CHALLENGES TO ADDRESS



31%

Of children are underweight



41%

Of people use unsafe drinking water



20%

Of youth do not know about sexual and reproductive health



Your support helps girls and boys to stand up for their futures.

- We will continue to support local authorities as they expand youth clubs to build vocational and leadership skills and raise awareness of girls' rights.
- We will work with communities to address social norms that commonly accept child marriage to ensure all girls can reach their full potential.
- We will help children grow up healthy and strong by working with communities on expanding access to safe drinking water and clean toilets.
- We will collaborate with education and health ministries on increasing sexual and reproductive health knowledge amongst children and youth, so young people can make informed decisions about their lives, bodies, and futures.

We know the best is yet to come, and together we will continue to work for a brighter, happier future for the children in Stung Treng.



"Thanks for supporting children in remote Stung Treng. You have helped improve education, health and nutrition, and livelihoods for children and families in our community. We thank you again for your continued support."

Phen Bunthoeun
Programme Area Manager, Stung Treng

YOUR GENEROSITY WILL CONTINUE TO SUPPORT CHILDREN IN STANDING UP FOR THEIR FUTURE AND RIGHTS