

## YOUR ANNUAL UPDATE

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

This past year, thousands of students received much-needed school supplies so they could continue their education. Teachers, parents, and community leaders are committed to making schools safer and encouraging education for girls. But the security situation in the area is very challenging and has made project activities difficult during parts of the year.

Girls are also learning about their rights and are standing against gender-based violence. 953 people are now aware of the harms caused by female genital mutilation, and are working to end these practices which prevent girls from reaching their full potential.

**Your continued sponsorship will ensure even more success for children in Bamenda.**



# 2492

Children benefitted from teaching materials



# 599

Families received hygiene kits



# 180

Youth learned about sexual and reproductive health



## COVID-19'S IMPACT IN CAMEROON

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

"I am so happy to receive the COVID-19 hygiene kits from Plan International. With these kits, my family and I are able to wash our hands more frequently and reduce the number of illnesses caused by unhygienic behaviours. Thanks to Plan for helping not only me and my family but also the community."

# CASE STORY: STRIVING FOR PEACE



**NAME: BELTIVATE**

**AGE: 21 YEARS OLD**

**HOBBY: PLAYING WITH HER SIBLINGS**

"During the 16 Days of Activism against gender-based violence, I had the opportunity to speak on the radio about GBV and how to respond to it. And talking about my experiences helped to improve my mental health. Thanks to Plan International for making me a GBV crusader."

## Meet Beltivate

**Like your sponsored child, Beltivate has been empowered by Plan International to change her life.** Beltivate is currently completing her second year of university, and is working hard to make life better for her younger sisters. Her family had to flee their home when conflict got too close – yet life is still uncertain and violence is an ever-present threat.

## Continuing Effects of Conflict

For young people, acts of violence committed by adults can take a toll. Rates of domestic and sexual abuse have risen, particularly against girls. Children are also at risk of being trafficked and forced to pick up arms as child soldiers.

Many of Beltivate's classmates and friends have been the victims of kidnapping or sexual abuse. Impacted deeply by these traumatic events, Beltivate struggled with depression – she fell behind on her classes, and almost dropped out of school.

Then Beltivate joined her local youth group. She took part in training sessions on gender-based violence and learned about the help available for those who need it.

## Inspiring Change

Through her youth group, Beltivate has found a passion and is now more confident to speak out against violence in her community. She's even spoken on the radio to empower other young people around her.

Along with other youth in her situation, Beltivate is now receiving psychological support and medical treatment to overcome her depression.

Community members and religious leaders also took part in the 16 Days of Activism, helping to strengthen the call for peace and protection during this difficult time.



*Youth group members take part in 16 Days of Activism*

**WE CURRENTLY WORK WITH 6,012 CHILDREN IN BAMENDA**



# OUR PROJECTS IN BAMENDA ARE HELPING CHILDREN THRIVE



## KEEPING GIRLS SAFE



**Negative gender norms and ongoing conflict in the region means girls are at risk of gender-based violence.** Many girls and young women experience sexual abuse, and fear of violence prevents girls from reaching their full potential.

To help girls and boys feel safe in their communities, 80 children and youth took part in workshops to map out places where they feel safe and unsafe. These activities help young people take charge of their surroundings and protect themselves as they go about their daily lives.

Youth take part in 16 Days of Activism to raise awareness of gender-based violence

165 members of community protection groups completed training on how to raise awareness of girls' rights and the prevention of gender-based violence. These women-led groups also improved their knowledge of where to refer survivors of violence to receive the medical and psychological help they need.

## INCLUSIVE EDUCATION



**Children in Bamenda have limited access to quality education.** The ongoing conflict has destroyed many schools or forced others to close. Education is vital for children to gain the skills they need to thrive as adults.

To help children continue their lessons, 2,112 girls and boys received school supplies. 36 teachers at four schools were supported with teaching materials. Youth also took part in sessions on how to address drug use and violence at schools, helping to make them safer learning spaces.

Community awareness sessions reached 84 people on the importance of education, particularly for girls. Celebrations for International Day of the Girl also encouraged 489 girls to stay in school and gain technical skills so they can become successful entrepreneurs in an increasingly digital age.



"I am happy to be part of the celebrations for the International Day of the Girl. Girls are recognised in my community now. I will share my knowledge with other girls. Thanks to Plan for the good work."

- **Success, 12 from Bamenda**

# YOUR SUPPORT MEANS BETTER FUTURES



## FUTURE CHALLENGES TO ADDRESS



18%

Of people do not have access to sanitary toilets



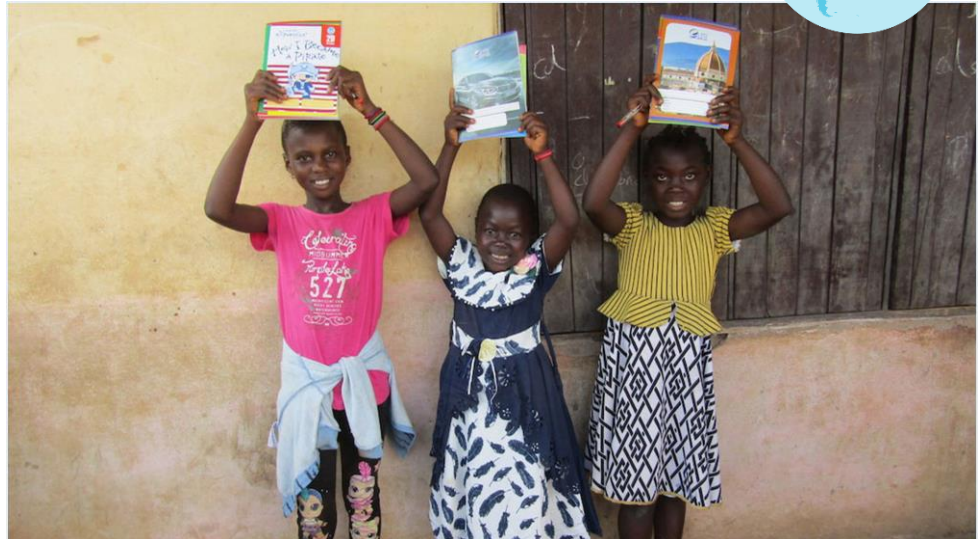
19%

Of people are illiterate



7%

Of young children are not fully vaccinated



**Your support helps children to stand up for their futures.**

- School drop-out rates remain high. We will support communities to repair schools, and provide teachers with the training and materials they need to support students.
- We will also support young people to gain technical and vocational skills so they can get a good job or start their own business and open the door to a brighter future.
- Negative gender norms and the ongoing conflict have led to many incidences of violence against girls. We will continue to raise awareness of girls' rights and gender equality.
- We will also ensure youth have the sexual and reproductive health knowledge they need to make informed decisions about their bodies.

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



"Thank you for going the extra mile with your contributions towards the development of our communities. We see meaningful changes every day because of your efforts. You will always be remembered by children, their families and communities."

**Tsekwi Gilead**  
Programme Area Manager, Bamenda

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