

## YOUR ANNUAL UPDATE

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

This past year, 100 of the best performing girls in science and technology received scholarship to schools. 813 girls also benefited from refresher courses in science subjects. Parents also improved their knowledge on children's rights and positive parenting techniques, helping them give their children the best possible start in life.

1,712 girls and young women learned more about their menstrual health, and are now working to reduce stigma in their communities. And young people are also empowered to stand up for gender equality.

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



# 440

Parents took part in positive parenting training



# 610

Girls received menstrual hygiene kits



# 1195

Children improved knowledge on gender equality



## 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 12,263 CHILDREN IN GAROUA**



# OUR PROJECTS IN GAROUA ARE HELPING CHILDREN THRIVE



## MENSTRUAL HYGIENE



Women can now earn an income while improving access to hygienic menstrual products

**Cultural taboos leave girls without safe and hygienic ways to manage their menstruation.** A lack of sexual and reproductive health education means knowledge passed down by mothers and friends is often a mix of superstition and unsanitary practices.

To help improve knowledge and reduce stigma, community health workers held 105 educational sessions. More than 1,900 people attended these talks and learned more about how to manage periods with dignity. Radio programmes are also reaching thousands of people on menstruation and good hygiene.

And 28 women from women's groups have now completed training on how to manufacture reusable sanitary napkins. They will be able to teach other women and start a viable business, earning an income while also ensuring girls in their community can take charge of their bodies.

## HEALTHY BEGINNINGS



**One in three young children in Garoua are chronically malnourished.** Families struggle to grow enough food for their children, and the importance of good nutrition for childhood development is not well understood.

More than 1,900 nutrition demonstrations have now reached over 16,000 women and men on how to prepare healthy and nutritious foods for their families. And 198 fathers also played an active role in preparing food and feeding their children, helping to break negative gender norms.

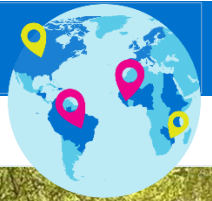
1,763 malnourished children were referred to nutrition rehabilitation centres where they received fortified foods to restore their health. And 290 families are now able to grow healthy vegetables in community gardens, helping to give their children the best possible start in life.



"I'm greatly impressed by this nutrition project - the change in my nephews was like a miracle. Many people say that cooking is the work of women. I have now cooked food and believe men can do the same housework and take care of our children."

**- Habiba, 32 from Garoua**

# YOUR SUPPORT MEANS BETTER FUTURES



## FUTURE CHALLENGES TO ADDRESS



34%

Of children under the age of 5 are malnourished



56%

Of students drop out of secondary school



83%

Of people do not have access to sanitary toilets



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

- Taboos around menstruation prevent girls from making informed decisions about their bodies. We will support girls with sanitary period products and work to remove stigma and shame around menstruation in communities.
- We will continue to raise awareness of girls' rights and gender equality to reduce gender-based violence.
- School drop-out rates for girls remain high. We will promote the importance of girls in school, and encourage training in science to empower girls to break gender barriers.
- We will also improve access to technical and vocational training so young people can get a good job or start their own business and support themselves.

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



"I thank our sponsors for supporting our activities which demonstrate how to transform lives, and how cultural norms hindering the wellbeing of girls can be challenged in ways to give young people the chance to learn, lead, decide, and thrive."

**Sakwe Itoe Mbone**

Programme Area Manager, Garoua

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