

YOUR ANNUAL UPDATE

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

This past year, more families were able to access quality healthcare information, improve their knowledge of early childhood development, and provide a healthier future for their children.

Families impacted by food scarcity as a result of climate crises attended workshops and training sessions, gaining information and support to care for their families and communities.

In addition, young people attended educational sessions to learn life and work skills, helping them access quality employment and a better foundation for building their futures.

**130**

Midwives trained
on nutrition &
gender-based
violence

**349**

Mothers
participated in
food preparation
workshops

**582**

Young people
empowered with
business training
development



COVID-19'S IMPACT IN GUATEMALA

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

“The pandemic has been difficult. I have been unable to study properly. My parents motivated me to participate in Plan training workshops, where we were told about the importance of education. My dream is to continue studying and become a community leader. Thank you Plan and sponsors for the support to materialise my dreams.”

CASE STORY: EDUCATION FOR A BETTER FUTURE



NAME: MABELIN

AGE: 14 YEARS OLD

HOBBY: BASKETBALL

"I believe in my dreams and goals. I understand the situation of many girls, due to their lack of education and sadly because parents accept it. Now, in my community, girls study to change their lives and have clear goals for their futures. Thanks to Plan for the work in my community."

Meet Mabelin

Like your sponsored child, Mabelin has been empowered by Plan International to change her life. Mabelin is in secondary school, where she understands how vital an education is—and to help other girls and young women in her community do the same. With tools from Plan, Mabelin challenged stereotypes that limit access to education. She is now a leader in her community, helping others attain a better future.

Challenging Gender Expectations

Most girls in Mabelin's community are not encouraged to stay in school. Many parents do not believe education is a priority for girls. When they drop out of school, girls often become part of an informal couple and get pregnant at an early age. For Mabelin, this was normal—no one talked to girls about this, not even parents or teachers.

Yet Mabelin now has the knowledge to challenge these limiting expectations. Along with other girls, she learned about self-esteem and gender equality, and about her right to an education. With Plan's support of a school scholarship, Mabelin is more secure in her future.

Embracing Leadership

The Champions of Change programme helped empower Mabelin and other girls with leadership skills and opportunities.

Today, Mabelin embraces her leadership position as she speaks with youth and adults in her community. As a spokesperson, she participates in meetings with community leaders at the municipal level, where she speaks about the importance of secondary education for girls.

As a result, teachers and parents in Mabelin's community see the importance of girls' education, and help to advocate for equality.



Mabelin participating in a workshop

WE CURRENTLY WORK WITH 3,552 CHILDREN IN QUICHE

OUR PROJECTS IN QUICHE ARE HELPING CHILDREN THRIVE



More than 850 children received a learning kit to encourage them to continue learning at home.

HEALTHCARE FOR BETTER LIVES



It is important that families have access to healthcare services, resources and information. Yet many children in Quiche die due to lack of health care, lack of vaccines, malnutrition, chronic diseases and other factors affecting families who live in extreme poverty.

Healthcare services and information are vital to helping parents care for their families. Thrive is a programme that teaches parents about health, nutrition, hygiene, and how to raise children without violence. It also promotes the valuing of girls, prevention of domestic violence, and promotion of responsible fatherhood.

As a result, 200 mothers learned about food and nutrition, and 360 mothers participated in care-related sessions. Fathers attended sessions on responsible fatherhood and Active Fatherhood and applied the techniques at home. All Thrive trainings focus on early childhood, empowering parents to provide their families healthy homes free of violence.

FEEDING THE FUTURE



A lack of rain in Quiche resulted in significant losses in basic grains. A recent survey shows that 81% of families experience food insecurity.

Helping families improve their conditions, strengthen their resilience and coping mechanisms is key. In response, 390 women increased their knowledge in food and nutritional security, and received a kit to promote hygiene habits at home. In addition, 349 women participated in workshops to prepare nutritional food.

Cash transfers helped 400 families affected by food crises and disasters, and more than 170 people participated in productive activities such as growing vegetables. Ministry of Health staff learned more about vaccination, prenatal and postnatal health, growth and early childhood development.



“I participate in the training processes for mothers. I like to attend the food demonstrations because we share with others and learn new ways to prepare food. Thank you Plan, with your support I managed to get food for my family, because my husband was not able to work every day due to COVID-19.” **-Cecilia, 23, from Quiche**

YOUR SUPPORT MEANS BETTER FUTURES



FUTURE CHALLENGES TO ADDRESS



55%

Of children under 5 years old are chronically malnourished



36%

Are illiterate



75%

Of people in Quiche live in poverty



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

- There is a high level of malnutrition, especially for children in rural areas. We will empower midwives and healthcare staff with training on food security and women's health care.
- We will continue supporting young people with skills and training in entrepreneurial projects and helping them learn marketable skills for quality employment.
- Recently, two regressive bills put the rights of diverse people and children's lives at risk. We will continue working in cooperation with children's organisations to prevent the approval of regressive laws.
- We will focus on helping parents learn about early childhood development and the importance of school, especially for girls.

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



"We are making progress with parents and caretakers to ensure all sponsored children live in healthy homes free of violence; this is due to the support that each of you provide to Plan International."

Angela Pol
Programme Area Manager, Quiche

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