

YOUR ANNUAL UPDATE

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

This past year, more young people were empowered with resources to make informed decisions about their health and sexuality. Children, adolescents, and youth learned about gender-based violence prevention and self-protection. In addition, adults exercised responsible parenthood, creating safe, protective environments for their children.

Communities also established effective child protection structures, empowering them to take concrete action to guarantee the safety and well-being of children in the community.

We know the best is yet to come and your sponsorship will ensure even more success for children in La Paz.



135

Youth learned about healthy decision-making



70

Adults learned to create safe, protective environments



120

Young people created Life Plans to plan for their futures



COVID-19'S IMPACT IN HONDURAS

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

"Last year I finished my studies virtually. It has not been easy to study this way. This year I am attending school in person. Every year I receive school supplies from my sponsor. I do not lose hope of achieving everything I set out to do."

CASE STORY: DARLIN SPEAKS HER MIND



NAME: DARLIN

AGE: 18

**HOBBY: READING,
STUDYING SPANISH**

"We became participative young women; with a different perspective towards a distant but not difficult future. We have learned many things about our rights, how to help others if they suffer some kind of violence, identify types of violence, talk about our self-esteem, among other topics."

Meet Darlin

Like your sponsored child, Darlin has been empowered by Plan International to change her life. Darlin is the oldest girl in her family, and lives with her mother and three siblings. Darlin's father died when she was just nine years old. In school, she was a quiet girl, often bullied because she did not have a father.

But Darlin is no longer a shy young girl. Now, she is able to stand at a podium and advocate for girls' rights. She plays an active role empowering youth in her community, helping other girls achieve their goals.

Lack of Opportunity

Darlin suffered bullying at school due to the loss of her father and because of her religious beliefs. As a result, she was very shy and afraid to speak up for her rights. After finishing high school, Darlin wasn't financially able to continue her studies. Life as a young woman is a challenge for girls in Darlin's community because of the lack of job and academic opportunities. In fact, 24% of young women marry or take on manual labour after high school. Darlin was not able to continue her studies because she supports her family economically by working in the fields.

Quiet Leadership

Darlin was invited to a Plan International training session. Shy at first, she gained confidence with each meeting. Eventually, Darlin and the other girls developed the ability to express and contribute their ideas.

Darlin's role in the community is no longer the same. She and her peers are leaders. In fact, they've led two "We Believe in Girls" forums in which they've represented the youth of the entire municipality.

Darlin now sees a different future: One where there is space for a quiet girl to speak her mind—and be heard.



Darlin speaking at a celebration

WE CURRENTLY WORK WITH 4,724 CHILDREN IN LA PAZ

OUR PROJECTS IN LA PAZ ARE HELPING CHILDREN THRIVE



PROMOTING GENDER EQUALITY

Gender-based violence is often a normalised part of a girl's life from birth. And in La Paz, there are few resources for investigation and prosecution of these kinds of crimes.

The Leading to Transform project helps young people and their communities to develop the leadership skills and infrastructure needed to reduce the risks of gender-based violence. The project was implemented strategically in three municipalities with the highest rates of reported domestic violence.

As a result, 160 young people learned about their rights and denounced the normalisation of gender-based violence. Youth leaders now plan activism actions and share their knowledge with their peers. In addition, 70 parents and caregivers participated in training sessions on how to create safe and protective environments. Newly established municipal councils now make it possible to formally address forms of violence and abuse against children and women.

Girls presented proposals and solutions to community issues at two We Believe in Girls forums. They addressed political authorities, advocating for the prevention of gender-based violence.

EMPOWERING GIRLS TO DECIDE



Teenage pregnancies, sexually transmitted infections, and sexual are some of the health problems affecting adolescents. In 2021, there were more than 6,000 teenage pregnancies in La Paz.

Comprehensive sexuality education is key to addressing these issues. The programme My Body, My Rights empowers youth with resources, enabling them to make informed decisions about their health and their futures.

Young people in three communities gained valuable skills and self-esteem as they developed life plans with goals and strategies to achieve their dreams. Children and adolescents were empowered to prioritise their health, well-being, and dignity, to establish relationships based on respect, and to make well-informed decisions.

“The main thing that I am putting into practice is about self-esteem, self-love, and above all to plan my life project and my goals, also health and sexual rights, teenage pregnancy because everything in life has its time.”

- Yosuari (15) from La Paz



YOUR SUPPORT MEANS BETTER FUTURES



FUTURE CHALLENGES TO ADDRESS



73%

Of Hondurans live in poverty



22%

Of women received injuries due to violence in the past 12 months



37%

Of Honduran women are married or in unions before age 18



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

In 2020, the National Observatory of Violence reported an average of 27 violent deaths of women and girls in Honduras. We will continue to provide information and tools to reduce gender-based violence. Municipal Protection Councils will help create protective environments and strengthen mechanisms for reporting and addressing violence.

Pregnancy in girls between 15 and 19 has increased in recent years. Continued education on Sexual and Reproductive Rights will support youth, helping reduce the number of early pregnancies. Currently, COVID-19 infection has decreased in the country. We will continue to support the Secretary of Health to continue immunisation awareness.

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



“Together with our strategic partners, we helped families, strengthening their knowledge, skills and leadership, contributing to substantial changes in their lives and environments.”

Carlos Javier Durón
Programme Area Manager, La Paz

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