

YOUR ANNUAL UPDATE

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

This past year, more girls and young women advocated for their sexual and reproductive rights, raising their voices to demand access to information and quality care. We supported their initiatives with technical advice, helping them develop advocacy plans.

In addition, the educational community mobilised to support child protection structures, with plans for safe spaces for children at school and home. Parents and guardians were empowered to prevent gender-based violence and work together to challenge harmful social norms.

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



5867

Pupils supported with school supplies



2334

Migrants benefitted from hygiene and food kits



625

Children and youth participated in town hall



COVID-19'S IMPACT IN CHOLUTECA

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 5,867 CHILDREN IN CHOLUTeca

OUR PROJECTS IN CHOLUTECA ARE HELPING CHILDREN THRIVE



IMPROVING MEASURES FOR SAFETY

The Protected Passages project helps migrant children and youth. This year, Plan worked in coordination with migration, human rights, and child protection agencies to support migrants with information and humanitarian aid.

To support migrants, 100 leaders of local community-based organisations learned about migration from the perspective of gender, protection, and inclusion. The Youth Network of Cholulteca led with a conference entitled Migration has a girl's and woman's face, as well as speech and photography contests, Rights have no borders. This was done in commemoration of International Women's Day, to raise awareness of the stigma and discrimination suffered by migrants in transit, especially girls and young women. More than 60 young people participated.

In addition, 69 members of emergency committees increased their knowledge of gender in emergencies and humanitarian aid, supporting at-risk migrants.

Play-based activities helped 200 children and adolescents learn about migration, with a focus on rights and gender.

PROMOTING GENDER EQUALITY



Girls in Cholulteca often experience gender-based violence, yet it is considered taboo to discuss violence and sexual health issues.

The Leading to Transform project helps young people develop the leadership skills and infrastructure needed to address sexual and reproductive health and rights and reduce gender-based violence. It involves parents and community leaders, empowering them to recognise and advocate for the rights of girls.

As a result, 62 youth and teachers strengthened their communication and leadership skills, developing action plans to address gender-based violence. In addition, 12 communities opened counselling centres to provide resources related to sexual and reproductive health.

"This project is very good because they train boys and girls to strengthen their self-esteem. They promote our empowerment so we can make better decisions. We work to achieve lasting impacts so girls can develop autonomy and transform their realities."

- Gisela (18) from Cholulteca



YOUR SUPPORT MEANS BETTER FUTURES



FUTURE CHALLENGES TO ADDRESS



73%

Of Hondurans live in poverty



60%

Of the population does not have access to clean water



40%

Is the unemployment rate in Choluteca



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

The teenage pregnancy rate in Choluteca is high and talking about sexual and reproductive rights is taboo. This year volunteers in our community counselling network will continue to provide information on rights, menstrual care, and health.

We will work to prevent the spread of COVID-19, and other diseases such as influenza and Dengue. We initiated a process with the Girls Out Loud platform, helping strengthen girls' leadership in the prevention of gender-based violence. This year, we will help participants execute action plans.

We will continue to strengthen Municipal, School, and Community Emergency Committees, with special attention to gender protection in the case of emergencies.

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



“We are fortunate to have you as a sponsor. Together we make it possible for youth, especially girls and young women, to participate in decision making spaces and raise their voice, demand their rights and have access to information about their sexuality.”

Juan Francisco López
Programme Area Manager, Choluteca

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