

YOUR ANNUAL UPDATE

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

This past year, students in Copán were able to focus on their futures, with more opportunities to access and complete quality formal and non-formal education.

Also, this year the community worked to prevent gender-based violence and challenge harmful social norms. The operation of a Municipal Council for Child Protection is helping children live more safely. The stronger infrastructure helps protect at-risk children and youth, with special attention to the dangers of sexual and gender-based violence during humanitarian crises.

Your sponsorship will ensure even more success for children in Copán.



6861

Children learned about rights & violence prevention



9179

Pupils have handwashing stations in school



254

Girls participated in leadership training



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 6,861 CHILDREN IN COPÁN

OUR PROJECTS IN COPÁN ARE HELPING CHILDREN THRIVE



EMPOWERING GIRLS TO DECIDE



Young people in Copán often lack information and resources about sexual and reproductive health and rights. Creating a supportive infrastructure was vital to providing youth with timely, accurate information.

The programme My Body, My Rights helps young people and their families grow healthy, safe communities, empowering youth with the resources to make informed decisions about their sexual and reproductive lives.

Community leaders empowered girls, boys, and young people to participate in dialogue spaces, where they gained vital knowledge about their rights, sexuality and sexual health.

Significant progress was achieved in three municipalities, where municipal emergency committees learned about the needs of girls and women during an emergency, and how to prevent violence and sexual abuse. Plan's regional team had the opportunity to hold dialogues with 84 girls and 52 mothers about the importance of their sexuality and health. In addition, 37 men participated in training to challenge harmful social and cultural models, and learned to create open, equal spaces without gender limits and discrimination.

PROMOTING GENDER EQUALITY



Gender-based violence, teenage pregnancies, and early marriages are challenges for girls in Copán.

The 'Leading to Transform' project integrates girls and young women into municipal spaces, helping them develop the leadership skills needed to challenge the norms of gender-based violence and harmful practices. It empowers them to make changes to their local government and institutions, promoting female leadership and vision for the community.

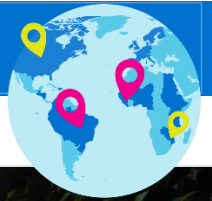
As a result, 13 municipalities developed processes for guaranteeing the rights of children and adolescents, strengthening child protection infrastructure. Over 6,800 children learned about girls' rights, and more than 250 young women were supported with leadership training.



"Being part of the Leading to Transform Project has been a great learning experience for me, allowing me to express myself and develop in other spaces. It has taught me to believe in myself."

- Greily (21) from Copán

YOUR SUPPORT MEANS BETTER FUTURES



FUTURE CHALLENGES TO ADDRESS



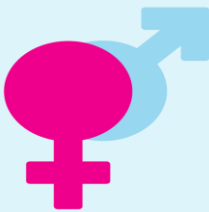
73%

Of Hondurans live in poverty



22%

Of girls and women feel unsafe on the street or in community spaces



16%

Is the unemployment rate for women in Copán



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

- 37% of girls are married before the age of 18, often with partners 5 to 9 years older than themselves. We will continue to provide resources on self-esteem, decision-making, and sexual abuse prevention.
- Only 28% of reported domestic violence cases were judicially processed. We will work with municipalities to help provide a timely response to situations, as they affect the rights of girls and young women.
- 21% of young women avoid participating in social and school activities during their menstruation. We will continue to dialogue with the community to normalise sexual and reproductive health.
- 29% of children are out of the education system, due to migration, disability, and child marriage. We will focus efforts on helping children return to school.

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



"We thank you for your commitment. We remain committed to support the protection, promote the rights, equality, and participation of children. Together we make them well."

José Israel Sarmiento Villeda
Programme Area Manager, Copán

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