

YOUR ANNUAL UPDATE

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

This past year, eight communities gained the skills and knowledge they need to respond to natural disasters. At schools and door-to-door, children and families have learned to identify risks and build evacuation plans.

And hundreds of young people can now take charge of their bodies, thanks to improved understanding about their sexual and reproductive health. 98 girls also learned about menstrual hygiene, helping them stay in school and manage their health.

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



250

Young people learned about their sexual & reproductive health



147

Young farmers trained on adapting to climate change



197

Children now have access to clean water



COVID-19'S IMPACT IN INDONESIA

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

"I was so scared during the pandemic. I couldn't meet my friends and my school was closed. Plan International was always there to help us avoid COVID-19. They distributed hygiene kits and learning at home kits. We are back in school and still practicing the hygiene tips they taught us."

CASE STORY: RETURNING TO SCHOOL



NAME: MIRA

AGE: 15 YEARS OLD

HOBBY: DANCING

"I can now continue my education and pursue my dreams. My parents are not worried about having to afford school equipment, and my younger siblings can follow in my footsteps. I've rejoined the school dancing group and can perform traditional dances with my school friends."

Meet Mira

Like your sponsored child, Mira has been empowered by Plan International to change her life. Mira comes from a large family – she is the seventh of nine children! Her five older siblings all dropped out of school to get married. Mira dropped out too, because her family couldn't afford the school fees. But she always wanted to continue her education.

Overcoming Barriers

Mira used to take part in school competitions, and she would do really well. As she got older, her school had mandatory computer lessons and an exam that had to be passed before she could move to the next grade.

For Mira's parents, a laptop was a luxury item they could not afford. And during the pandemic, Mira was needed at home to help her family with household chores.

To help Mira return to school, Plan International worked with her school and the local government to provide laptops and computers for all students to use.

Dreaming Big

Now that Mira can use the school computer, she is quickly catching up on her lessons and is thriving at school. She has rejoined her school dance group and is excited to forge a path forward for her younger siblings.

More than 80 other children in Mira's community also dropped out of school. Back to school campaigns are raising awareness among families on the importance of education for their children.

Financial support and extra lessons are helping girls and boys return to the classroom and open the door to a brighter future.



Mira is happy to be back in school

WE CURRENTLY WORK WITH 10,053 CHILDREN IN LEMBATA

OUR PROJECTS IN LEMBATA ARE HELPING CHILDREN THRIVE



BUILDING DISASTER RESILIENCE



Lembata has four active volcanoes and has experienced devastating cyclones. Communities have limited knowledge of how to prepare for natural disasters, which leaves children and families at risk.

In eight communities, 200 families took part in disaster preparedness sessions. They learned about hazards in their region, how to reduce their risks, and have developed plans to respond and keep themselves safe.

528 students at five schools also learned how to prepare for disasters through games and storytelling. Children practiced using walkie-talkies to communicate risks and share that they were in a safe location.

After completing disaster preparedness training, 59 youth group members are now sharing their knowledge through home visits, helping families create evacuation plans.

More than 2,700 families received information on how to prepare for disasters

KEEPING CHILDREN SAFE



There were 53 reported cases of sexual and physical violence against children last year. Violence and abuse can have long-lasting impacts, preventing girls and boys from reaching their full potential.

To help keep children safe, 21 community leaders completed training on children's rights and child protection. These leaders have now held workshops in their communities, helping 432 children learn how to identify different forms of abuse and where to go to for help.

130 mothers also took part in parenting sessions, where they improved their knowledge of child protection and wellbeing. Families can now keep their daughters and sons safe from harm and give them the best possible start in life.



"I am happy to gain knowledge on how to protect myself from violence. My peers and I learned about child protection and that the private parts of our body should not be touched by others. Thanks to Plan for teaching me how to protect myself."

- Momika, 10, from Lembata

YOUR SUPPORT MEANS BETTER FUTURES



FUTURE CHALLENGES TO ADDRESS



20%

Of children under five are stunted



49%

Do not have access to safe water



31%

Of students drop out of high school



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

-Malnutrition rates remain high in Lembata. We will support communities in establishing childhood nutrition programmes to help children grow up healthy and strong.

-More than 130 children have dropped out of school. We will collaborate with education departments to establish non-formal schooling to help children start learning again.

-Girls and boys lack knowledge about their bodies. We will increase access to sexual and reproductive health education and empower girls to hygienically manage their menstruation without stigma or shame.

-26 villages are at risk of serious natural disasters. We will work with communities and families to build disaster preparedness plans so people can stay safe.

We know the best is yet to come, and together we will



“Thank you for your contributions to improving the lives of children and their families in Lembata. We will continue to ensure they are healthy, have access to better education, can access clean water, and are protected from any form of violence.”

Erlina Dangu
Programme Area Manager, Lembata

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