

## YOUR ANNUAL UPDATE

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

This past year, girls and boys gained the knowledge and confidence they need to stand up for their rights. By learning how to protect themselves from violence, children can grow up safe and secure. And 162 youth can take charge of their bodies after learning more about their sexual and reproductive health.

Positive parenting skills are also helping hundreds of parents give their children the best possible start in life. 60 classrooms now have new supplies, creating a more inspiring learning environment so young students can stay in school.

**Your sponsorship will ensure even more success for children in Makwanpur.**



# 1491

Parents trained on positive parenting techniques



# 151

Children gained knowledge on their rights



# 1754

Students can learn in improved classrooms



## COVID-19'S IMPACT IN NEPAL

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

"I lost my father due to COVID-19. After his death, my family could not afford my education. But Plan International gave me hope and supported me with school supplies. I would like to thank Plan for their support during the pandemic. I will continue my studies and support my family."

# CASE STORY: BECOMING A LEADER



**NAME: LAXMI**

**AGE: 20 YEARS OLD**

**HOBBY: VOLLEYBALL**

"I have learnt many aspects of leadership through the Champions of Change programme. I gained knowledge on sexual and reproductive health, and the challenges girls like me face. I am now motivated to serve my community on issues such as child marriage and menstruation to improve gender equality."

## Meet Laxmi

**Like your sponsored child, Laxmi has been empowered by Plan International to change her life.** Laxmi has an active life – both on the volleyball court and as an advocate for girls in her rural community and beyond. She is pursuing a Bachelor's degree in Physical Health and plans to bring the skills she gained from the Champions of Change programme to change the world of sport.

## Taking Charge of Our Bodies

Myths and stigmas around menstruation continue in Laxmi's region. Girls and young women are often prohibited from taking part in public activities while menstruating, and girls lose out on valuable education.

Many youth choose to get married as teenagers, but face challenges as they enter adulthood – young couples often struggle to build healthy relationships and support themselves.

When Laxmi joined the Champions of Change programme, she and other young people gained crucial knowledge on their sexual and reproductive health and rights. This helps them take charge of their lives, bodies and futures.

## Leaping into Leadership

Along with learning about her body, Laxmi developed her public speaking skills and built the confidence to take on leadership roles.

As the Vice President of her Youth Network, Laxmi spends her time organising community performances to raise awareness of the harms of child marriage.

Girls in Laxmi's community will be able to follow in her footsteps – continuing their education, standing up for their rights, and becoming future leaders.



*Laxmi taking on the role of Chairperson for a day*

**WE CURRENTLY WORK WITH 5,412 CHILDREN IN MAKWANPUR**



# OUR PROJECTS IN MAKWANPUR ARE HELPING CHILDREN THRIVE



## LEAD AND DECIDE



Youth sharing personal stories and gaining knowledge in Champions of Change workshops

**Teenage pregnancy is still common in Nepal, with around 13% of girls aged 15-19 having given birth.** Sexual and reproductive health education and services are limited in Makwanpur. Many girls are ashamed and fear judgement, preventing them from getting the care they need.

To help improve access to health services for youth, we met with local municipalities and health providers. 49 healthcare providers took part in training on adolescent friendly sexual and reproductive health care and are now committed to provide these services to youth.

And 118 young women and 42 young men from the Champions of Change group improved their knowledge on their rights and took on advocacy roles in their community. They assessed 12 healthcare facilities on how youth-friendly their services were and have the confidence to demand change.

## KEEPING CHILDREN SAFE



**Children from marginalized and excluded groups are most at risk of being affected by violence.** Girls also face an increased risk of sexual violence. Physical, emotional and sexual abuse, along with exploitation and neglect, have lasting effects on a child, preventing them from reaching their full potential.

To help keep children safe from violence, 125 girls and 26 boys taking part in Child Clubs learned about their rights and who to reach out to for support.

More than 1,500 adults in the community also increased their knowledge about children's rights and the harms caused by traditional practices, such as child marriage. The local Child Rights Committee also strengthened their child protection mechanisms.



"I had to leave school three years ago because of my sores. Due to COVID-19, my father struggled to earn enough money for my medical treatment. Thanks to Plan who supported my treatment – I hope to re-enter school so I can get a good job."

**- Rajnita, 11, from Makwanpur**

# YOUR SUPPORT MEANS BETTER FUTURES



## FUTURE CHALLENGES TO ADDRESS



36%

Of children under the age of 5 in Nepal are stunted



55%

Of students graduate from school



81%

Of children in Nepal have experienced violent discipline



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

- Teenage pregnancy rates remain high in Nepal. We will continue to increase access to sexual and reproductive health services by training healthcare providers.
- Sexual and gender-based violence continues to impact children. We will work with local authorities to strengthen child protection.
- We will ensure children can open the door to a brighter future by improving schools and providing classrooms with much-needed teaching and learning materials.
- 20% of children under 5 have not received adequate care. We will support parents with parenting education, so they have skills to give their children a healthy start in life.

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



“Thank you for your continued support to Plan International. You have helped to bring positive change to the lives of children, girls, young women, their families, and their communities.”

**Ravi Shankar Pandit**  
Regional Manager, Makwanpur

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