

YOUR ANNUAL UPDATE

Thanks to your sponsorship, children and families are making positive changes in Banke. 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. Now hundreds of children are able to live a life free from violence.

Girls and young women are playing leadership roles in their communities to raise awareness of the harms of early marriage. And more than 3,000 parents now support their daughters' education, which will help girls in Banke dream big for their futures.

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



3350

Parents trained on importance of education for girls



183

Children learned how to protect themselves from violence



818

Community members attended girls' rights events



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.

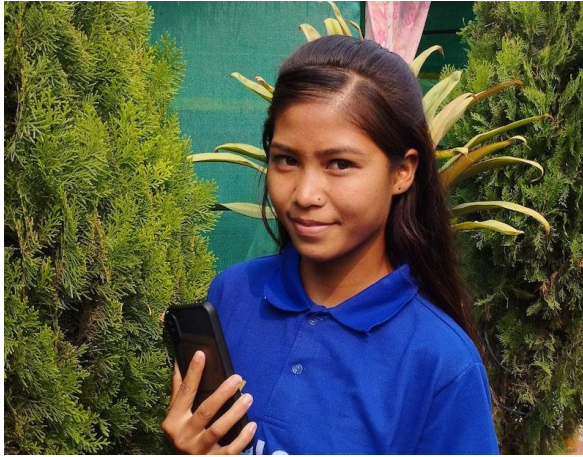
Girls in Laxmi's community will be able to follow in her footsteps – continuing their education, standing up for their rights, and becoming future leaders.



Laxmi taking on the role of Chairperson for a day

WE CURRENTLY WORK WITH 7,907 CHILDREN IN BANKE

OUR PROJECTS IN BANKE ARE HELPING CHILDREN THRIVE



Girls like Sanjeevani are learning about their rights and leading awareness raising campaigns in their communities

KEEPING CHILDREN SAFE



More than 40% of children in Banke are married before the age of 18. Sexual and gender-based violence and domestic abuse are also common risks children face. Children who experience violence and abuse can suffer long-lasting effects which prevent them from reaching their full potential.

To help keep children safe in Banke, 54 child rights committee members increased their knowledge on child protection. And 279 children and youth took part in training to learn about their rights and how to report abuse to local authorities.

More than 200 mothers and fathers also joined parenting classes to build positive relationships with their children. By learning about the right to grow up without violence, parents can ensure their daughters and sons grow up in a safe and caring environment.

LEAD AND DECIDE



Only one in five girls has a good understanding of sexual health. This leaves girls without the knowledge they need to make informed decisions about their bodies.

Through taking part in Champions of Change classes, 459 youth increased their knowledge on gender equality and sexual and reproductive health and rights. Girls were empowered to demand their rights and boys now have the confidence to support gender equality.

45 young women and 15 young men have also raised community awareness on the harms of child marriage. Through songs, speech and drama performances, youth are taking on leadership roles and playing an active role in deciding their futures.



“Plan International has been working in our rural area for a long time. We now have youth clubs where we discuss issues that we face, and we lobby our local government to allocate a budget for youth development.”

- Nisha, 20, from Banke

YOUR SUPPORT MEANS BETTER FUTURES



FUTURE CHALLENGES TO ADDRESS



17%

Of families in Nepal live in poverty



25%

Of students do not complete secondary school



40%

Of children are married before the age of 18



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

- Around 20% of women in Nepal have experienced physical violence. We will partner with local organisations to promote gender equality.
- Child marriage rates remain high. We will continue to raise awareness of the harms of early marriage so girls and boys can reach their full potential.
- Less than half of women in Nepal are literate, and most out-of-school children are girls. We will collaborate with governments to improve access to education so girls can go to school and open the door to a brighter future.
- Natural disasters, increased by climate change, threaten the lives and livelihoods of communities. We will support all levels of government to increase disaster preparedness planning and ensure that girls are consulted.



“I appreciate the valuable contribution of our sponsors which has motivated us to bring meaningful changes in the lives of children. With your support, children and youth can raise their voices against harmful traditional practices, injustice and inequality.”

Mina Parajuli
Regional Manager, Banke

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