

YOUR ANNUAL UPDATE

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

This past year, girls and boys in Sunsari have gained the knowledge they need to take charge of their lives, bodies and futures. More than 900 youth learned about their sexual and reproductive health and can now stand up for gender equality in their community.

2,300 parents are able to provide the best possible start in life to their children with improved parenting skills. New handwashing stations and toilets, along with teaching and learning supplies at schools, are also helping students learn in inspiring environments.

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



475

Girls gained knowledge on menstrual hygiene



3212

Students are now learning in improved classrooms



998

Girls and boys learned about gender equality



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 her 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 5,296 CHILDREN IN SUNSARI

OUR PROJECTS IN SUNSARI ARE HELPING CHILDREN THRIVE



Girls like Monika now feel like they can keep themselves safe and get the right help if they need it

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, 169 girls and 123 boys taking part in Child Clubs learned about their rights and who to reach out to for support.

115 members of the child rights committee also strengthened their capacity to protect children's rights and respond to cases of abuse.

More than 2,300 adults in the community increased their knowledge about children's rights and the harms caused by traditional practices, such as child marriage.

LEAD AND DECIDE



Teenage pregnancy is still common in Nepal, with around 13% of girls aged 15 to 19 having given birth. Sexual and reproductive health education and services are limited in Sunsari. Many girls are ashamed which prevents them from getting the care they need.

To help improve access to health services for youth, we met with local municipalities and health providers. 20 healthcare providers took part in training on adolescent friendly sexual and reproductive health care and are now committed to provide these services to youth. In addition, 500 young women and 458 young men 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.



"During Champions of Change, I led an event where people of all ages shared their opinions on the issues that cause harm to young people. Today I am able to advocate against harmful norms. Thanks to Plan for helping girls like me lead and change."

- Sabita, 17, from Sunsari

YOUR SUPPORT MEANS BETTER FUTURES



FUTURE CHALLENGES TO ADDRESS



36%

Of children under the age of 5 in Nepal are stunted



15%

Of people do not have access to safe drinking water



3%

Of young children drop out of primary school



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

- Teenage pregnancy rates are high in Nepal. We will work with health services to improve access to sexual and reproductive health care so young people can make informed decisions about their bodies.
- Incidences of violence and abuse can cause long-lasting damage to children. We will support positive parenting workshops to ensure children can grow up in a safe environment.
- Through parenting groups, we will also promote gender equality, so girls can reach their full potential.
- Girls and boys will also be empowered to take on leadership roles in communities and raise awareness of the issues that impact them.

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



“Thank you for your support to Plan International. Together, we are successfully bringing positive changes to the lives of children, particularly girls. Your continued support will keep inspiring us to work with added enthusiasm in the coming year.”

Ravi Shankar Pandit
Regional Manager, Sunsari

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