

## YOUR ANNUAL UPDATE

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

This past year, mothers and fathers gained the skills they need to help their children grow up healthy. Through training on childhood nutrition and positive parenting techniques, thousands of parents are able to give their children the best start in life.

And more than 1,300 girls and boys took part in events to learn more about their rights. Children and youth can now stand up against child marriage and protect themselves from violence in their communities.

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



# 411

Students have access to clean water at ten schools



# 2066

People increased their knowledge of children's rights



# 452

Children learned about their human rights



## 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 8,739 CHILDREN IN SINDHULI**



# OUR PROJECTS IN SINDHULI ARE HELPING CHILDREN THRIVE



Parenting workshops have helped improve the health of thousands of mothers and babies

## HEALTHY BEGINNINGS



**Young children in Nepal often do not get enough to eat - more than 30% of children under 5 are malnourished.** Early childhood is a critical time for developing social, emotional and physical skills.

More than 3,100 mothers and fathers took part in parenting education classes. Through training sessions and house visits by health workers, parents now have the confidence to give their children the best possible start in life.

And 100 health workers and community members completed further training so they can continue to raise awareness in their communities on positive parenting. Group sessions specifically for fathers were also held, helping to empower men to play a more active role in parenting. Over 1,000 dads learned about gender equality and caring for their children.

## IMPROVING EDUCATION FOR GIRLS



**Many schools in Sindhuli are not inclusive or inspiring spaces.** A lack of gender-friendly toilets and quality learning materials mean many children struggle to focus.

At thirteen schools, 50 classrooms now have new desks and creative learning materials, giving more than 700 students an engaging environment to learn their lessons.

A further six schools improved their toilets, so girls have safe and hygienic places to manage their periods. Sanitary menstrual facilities are crucial for girls to keep going to school.

248 teachers also took part in training sessions to improve their understanding of girls' rights. They have now committed to transform their teaching to reduce gender stereotypes.



"I am an orphan living with my aunt. It was difficult for me to go to school because I didn't have enough materials. Plan International provided me with school supplies. Now I have more strength for my studies. I am proud to be a sponsored child."

**- Dawa, 7, from Sindhuli**

# YOUR SUPPORT MEANS BETTER FUTURES



## FUTURE CHALLENGES TO ADDRESS



36%

Of people cannot read or write



3%

Of children drop out of school



15%

Of people do not have access to safe drinking water



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

- Only 20% of healthcare providers have adequate knowledge on adolescent sexual and reproductive health. We will work with health representatives to improve access to these services so young people can make informed choices about their bodies.
- An increase in sexual violence has been noted in Sindhuli. We will continue to support local child protection mechanisms and raise awareness of children's rights.
- To help keep children in school, we will collaborate with education committees to increase teacher training and continue classroom improvements.
- Child malnutrition rates remain high in Nepal. We will continue to support parents with the skills and knowledge they need to give their children the best start in life.

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



"I appreciate the valuable contributions of sponsors which motivates us to bring about positive changes in the lives of children. With your support, we have helped to develop the confidence of children and youth to raise their voices for gender equality."

**Ravi Shankar Pandit**  
Regional Manager, Sindhuli

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