

YOUR ANNUAL UPDATE

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

This past year, 357 children and youth took on leadership roles in their communities to raise awareness of the harms of child marriage. And thousands of young people now have the knowledge they need to make informed decisions about their bodies and futures.

Schools are more engaging spaces, helping children stay in school and reach their full potential. And young women have gained entrepreneurship skills so they can start their own business and earn an income.

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



85

Young women trained on entrepreneurship skills



8006

Youth learned about sexual & reproductive health



183

Community members attended girls' rights workshops



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 8,432 CHILDREN IN KARNALI

OUR PROJECTS IN KARNALI ARE HELPING CHILDREN THRIVE



IMPROVING EDUCATION FOR GIRLS



Children in Karnali can now enjoy learning and playing with new school supplies

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

74 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.

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.

Through new supplies, and teacher training sessions, schools have created more inspiring learning environments. Young children can now develop strong reading skills, and parents are also setting up reading corners at home. This will help girls and boys thrive as they continue their education.

DECIDE AND LEAD



More than 50% of children in Karnali get married before the age of 18. And less than one in three youth report having knowledge on sexual and reproductive health.

Through taking part in the Champions of Change programme, 5,335 girls and 2,671 boys have now learned about their sexual health. Young people also learned about their rights and about gender equality. These skills will help them make informed decisions about their lives and bodies.

97 teachers, along with 303 community leaders, also took part in training sessions on adolescent sexual and reproductive health. By reducing shame and stigma, youth can take charge of their futures with the support of their families.



"Thanks to Plan International and the Champions of Change project, I learned about sexual rights and gained leadership skills. With this information, I feel empowered to decide when I want to start a family. This is a lifelong skill."

- Yelina, 14, from Karnali

YOUR SUPPORT MEANS BETTER FUTURES



FUTURE CHALLENGES TO ADDRESS



20%

Of people do not have access to safe drinking water



42%

Of women have had no education



51%

Of people live in poverty



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

- Around 20% of women in Nepal have experienced physical violence. We will continue to work with local organisations to promote gender equality and girls' rights.
- 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 lives and livelihoods. We will support communities to increase disaster preparedness planning.
- To help youth achieve their dreams, we will collaborate with local governments to enhance entrepreneurship and skill development opportunities.

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



"I appreciate the valuable contributions of our sponsors which has motivated us to bring meaningful changes to the lives of children in Karnali. With your support, we have helped develop their confidence to raise their voices for equality."

Mina Parajuli
Regional Manager, Karnali

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