

YOUR ANNUAL UPDATE

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

This past year, thousands of children were able to attend schools with improved classrooms and sanitary toilets. 354 girls learned more about menstrual hygiene, helping them to manage their periods with dignity and continue their education.

Girls and boys can now take charge of their lives and bodies with new knowledge on sexual and reproductive health. Youth are also leading the charge on standing up for their rights and saying no to early marriage in their communities.

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



160

People improved their knowledge on child protection



23

Girls received school supplies



2,046

Mothers took part in positive parenting training



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 face. I am motivated to serve my community on issues like 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 community. She is pursuing her Bachelor's degree in Physical Health, and plans to bring the skills she gained from Champions of Change 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 3,017 CHILDREN IN DHANUSHA

OUR PROJECTS IN DHANUSHA ARE HELPING CHILDREN THRIVE



Champions of Change members are ready to empower youth in their communities

LEAD AND DECIDE



Around 27% of girls aged 15 to 19 have already given birth. Sexual and reproductive health education and services are limited in Dhanusha. Many girls are ashamed and fear judgement, preventing them from getting the care they need.

The Champions of Change project aims to raise awareness of gender equality and provide knowledge on sexual and reproductive health. To date, eight new champions of change committees have been created, and one member has completed training to become a trainer of others.

Awareness raising campaigns on local radio stations also shared messages on the harms of early and forced marriage. And community events during Menstrual Hygiene Day have helped to remove stigma around menstruation and give girls the knowledge they need to manage their periods with dignity.

IMPROVING EDUCATION FOR GIRLS



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

Five schools improved or repaired their toilets, and a further 9 schools created menstrual hygiene rooms so girls have a safe place to manage their periods. These improvements are helping more than 11,000 students continue their education.

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.

85 children also received backpacks and school supplies so they can stay in school and open the door to a brighter future.



"Thank you so much Plan International for providing me with a school bag and education materials. My parents found it difficult to buy school supplies for myself and my siblings. I am so happy about these supplies which will be useful for my education."

- Nanadani (10) from Dhanusha

YOUR SUPPORT MEANS BETTER FUTURES



FUTURE CHALLENGES TO ADDRESS



27%

Of children are out of school



36%

Of young children are malnourished



81%

Of children have experienced violent discipline



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

- More than one in four teenaged girls have already had children. We will continue to improve access to sexual and reproductive health education so girls and boys can make informed decisions about their lives and bodies.
- Physical punishment and gender-based violence continue to impact children. We will strengthen child protection mechanisms and raise awareness of children's rights.
- We will also ensure parents have the support they need to provide safe, nurturing and inclusive care to their children through positive parenting training.
- School drop-out rates remain high. We will repair classrooms and build the capacity of teachers to provide inclusive and inspiring spaces for girls and boys to learn.

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



"We started our programmes in Dhanusha in March 2022 to bring about positive changes to the lives of children, girls and young women. I appreciate the valuable contributions of sponsors which has motivated us. Thank you for your continued support."

Ravi Shankar Pandit
Regional Manager, Dhanusha

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