

YOUR ANNUAL UPDATE

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

This past year, hundreds of young people gained technical and vocational skills so they can start their own business or get a good job. And 300 youth are now able to take charge of their bodies with new knowledge on sexual and reproductive health.

Parents and community leaders are also helping to keep children safe by strengthening child protection mechanisms and raising awareness of the right to live a life free from violence and abuse.

Your sponsorship will ensure even more success for children in San Rafael del Sur.



58

Girls gained digital skills in marketing & communication



1244

Young children learned how to prevent sexual abuse



55

Community leaders trained on adolescent sexual health



COVID-19'S IMPACT IN NICARAGUA

Hear from Mileydi about how COVID-19 has impacted her community.

"I live in a rural area with my grandparents, mom and sister. Last year, my grandparents got sick from COVID-19. I felt very sad and was afraid they would die. At school, they taught us how to wash our hands, and Plan International provided sinks, soaps and face masks so we could protect ourselves."

CASE STORY: MY VOICE COUNTS



NAME: GLORIBETH

AGE: 13 YEARS OLD

HOBBY: SOCCER

"Since taking part in Plan's project, I have changed. Before I was shy and didn't speak up. Now I am more sociable with my peers. I have self-confidence and I share my opinion. My voice counts and I want to help other girls overcome their fear of expressing themselves."

Meet Gloribeth

Like your sponsored child, Gloribeth has been empowered by Plan International to change her life. Gloribeth is striving to achieve her dreams in all areas - she loves to play soccer, go to school, and spend time with her friends. Gloribeth wants to help inspire other girls to develop their self-confidence and dream big for their futures.

Overcoming Fear

Children in Nicaragua are not encouraged to share their opinions or speak up for their rights. Gloribeth used to be afraid of expressing her ideas and was too shy to take part in activities at school and in her community.

After taking part in Plan's 'Living Without Fear' project, Gloribeth is a firm believer in using her voice for change.

During workshops, children and youth shared stories and played games, learning about their rights and building their confidence. They also learned where they can go to for protection, and how to keep themselves safe.

Seizing Opportunities

Gloribeth is now a student leader, helping to encourage and inspire other girls in her community to make their voices count on issues that affect them.

As part of the project, girls and boys also practiced assertive communication so they can play an active role in making decisions about their lives, bodies, and futures.

Now young people like Gloribeth are seizing their opportunity to stand up for their rights and have their voices heard.



Gloribeth speaking about rights and leadership to her peers

WE CURRENTLY WORK WITH 2,533 CHILDREN IN SAN RAFAEL DEL SUR

OUR PROJECTS IN SAN RAFAEL DEL SUR ARE HELPING CHILDREN THRIVE



TRAINING FOR INNOVATION



Many young people in San Rafael del Sur lost their jobs or could not find work during the COVID-19 pandemic. Youth, particularly young women, struggle to gain the technical skills they need for a good job.

63 young women and 8 young men took part in training on artisanal manufacturing and also gained skills in starting and running a business. And 92 young people completed vocational training on farming techniques.

3,032 girls and boys gained financial literacy skills, setting them up for success with budgeting and saving their money as they get older

A further 64 youth took part in employment skills workshops, helping them identify their strengths and interests. Young people gained experience in using digital platforms for job searching and learned how to prepare resumes.

With these skills, girls and boys are able to confidently enter adulthood and earn a good income to support themselves and their families.

PREVENTING TEEN PREGNANCY



In Nicaragua, around one in six girls between the ages of 15 to 19 have already been pregnant. Early pregnancy can cause serious health issues, and many girls drop out of school, preventing them from reaching their full potential.

To help young people make informed decisions about their lives and bodies, 300 girls and boys took part in school and community events on sexual and reproductive health. Youth are now making life plans to complete their education and reach for their dreams.

40 parents also improved their knowledge on adolescent sexuality, helping to remove shame and stigma. Parents can now support their daughters and sons as they take charge of their futures.



“Thanks to Plan International for teaching these important issues to youth. I learned about preventing teenage pregnancy, sexual abuse, and gender equality. I'm able to develop my life plan and practice my values to have a better future for myself and my family.”

- Danelia, 16, from San Rafael del Sur

YOUR SUPPORT MEANS BETTER FUTURES



FUTURE CHALLENGES TO ADDRESS



40%

Of people do not have access to safe water



48%

Of reported crimes are sexual abuse



15%

Of girls aged 15 to 19 have already been pregnant in Nicaragua



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

- Teenage pregnancy rates remain high. We will increase access to sexual and reproductive health education so youth can make informed choices about their bodies.
- Youth lack opportunities to gain the technical and vocational skills needed to get a good job. We will work to expand access to higher education and training so youth can open the door to a brighter future.
- We will also support teachers with the training they need to equip children and youth to confidently enter adulthood.
- Girls' rights are not well understood in communities. We will collaborate with the Ministry of Education to formally recognize and celebrate International Day of the Girl. We will also work to promote gender equality.

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



"Your valuable support helps girls and boys enjoy a better quality of life. Through your support, we can implement projects that are helpful for families, schools and communities. We will continue to make these changes come true."

Mario Alvarez Monterrey
Programme Area Manager, San Rafael del Sur

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