

YOUR ANNUAL UPDATE

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

The largest age demographic in East Central Uganda is children up to 9 years old. In a country where poverty has dramatically increased in the last two years and knowledge of sexual health is limited, your support has allowed us to uplift the needs of Uganda's next generation.

5 primary schools and 2 health centres have received 5 solar panels each. 84 health care workers have been trained in adolescent sexual health. 3 vocational training hubs have received supplies, including 35 sewing machines.

Your sponsorship will ensure even more success for children in East Central Uganda.



9500

Children were reached with early childhood development



100+

Young people received vocational training



8847

Young people were educated about sexual health



COVID-19'S IMPACT IN UGANDA

Hear from Charles about how COVID-19 has impacted his community.

"I appreciate the money I received from Plan International. I bought a female turkey, sugar, rice, and cooking oil. This will greatly improve our livelihood as we shall be selling the turkeys and eat some. It will help me raise school fees for my daughter, who is a sponsored child."

CASE STORY: KNOWLEDGE IS POWER



NAME: EVELYN

AGE: 27 YEARS OLD

HOBBY: READING

"Plan International Uganda picked me up from nothing. I would never have reached secondary school. Maybe I would now be an illiterate married woman and living a miserable life. I believe education is the best gift you can give a child."

Meet Evelyn

Like your sponsored child, Evelyn has been empowered by Plan International to change her life. Growing up in a family with little money, Evelyn spent years unable to afford school supplies like notebooks and pens. While Evelyn's classmates would take notes, the young student would pretend to scribble along as well.

I Will Stay in School

Evelyn's father decided to marry off her older sister, and it seemed inevitable that Evelyn would have a similar fate. This is not unusual in Uganda: In fact, 48% of girls in the country are married before they turn 18.

In 1997, an intervention from Plan International changed Evelyn's life. Plan identified vulnerable students at Evelyn's school – learners who were at a high risk of dropping out. That year, Evelyn became a sponsored child.

The girl who had mimed taking notes due to an inability to afford school supplies suddenly had support to finish primary, then secondary, school. "Anything that I would request to support my education, this organization would provide," recalls Evelyn. "I was like a daughter of a rich man."

From Learner to Leader

After completing secondary school, Evelyn had discovered the transformative power of education first-hand. Backed by Plan International, the young woman who had narrowly escaped child marriage pursued, and completed, a teacher training course.

Today, Evelyn is a teacher in Uganda. With her earnings from her job, Evelyn has paid for her siblings to return to school. She is now a mother of three and is able to afford their educations because of her salary. Evelyn now has a bachelor's degree and will have a master's degree next year.



Evelyn teaches in her classroom.

WE CURRENTLY WORK WITH 12,299 CHILDREN IN EAST CENTRAL

OUR PROJECTS IN EAST CENTRAL ARE HELPING CHILDREN THRIVE



OVERCOMING POVERTY



Thousands of adolescents came together to defeat menstruation stigma.

Poverty has dramatically increased in Uganda since the pandemic began. Before COVID-19 reached Uganda, 18% of Ugandans lived below the poverty line. Today, 28% of residents live on less than \$2 a day.

Plan International's Smart Up Factory project intends to support young people, and particularly young women, develop vocational skills to become more financially stable. 39 young participants from around Uganda took part in our 4-day workshop, which included community-building activities like group shares. A second 2-day workshop provided First Aid skills to 10 youth mentors.

50 girls received vocational training in crafts and design, where they learned new trades like mat weaving and confectionary. These students have also received training to pass on their skills to their peers, creating a cycle of self-sufficiency.

DIGNITY STARTS HERE



5,075 adolescents broke down taboos around menstruation and learned the facts. When community members do not speak openly about menstruation, a cycle of shame and misinformation can swirl around it. From risks of gender-based violence to dropping out of school, the side effects of such silence can be severe.

This year, Plan International taught 5,075 adolescents in East Central Uganda about menstruation. 2,875 girls and 2,200 boys participated in training sessions in which they learned how to make sanitary napkins. Community members also learned how to make their own soap, an effort that will also help in the fight against COVID-19.

Now, when residents look for water sites, they will consider the importance of safe latrines for girls and women.

"I used to fetch water from the dam two kilometres away. My children would miss school because of the time spent on the way. This project will lead to good school grades and reduce school dropouts."

- Katalo Christopher, 35, from East Central



YOUR SUPPORT MEANS BETTER FUTURES



FUTURE CHALLENGES TO ADDRESS



22%

Of women ages 15 to 49
have experienced sexual
violence



67%

Of students in the region
complete their educations



22%

Of women in Uganda use
contraception



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

- Most children do not finish secondary school. Our LEARN project will take a multifaceted approach to keeping youths in school.
- Many women are not using contraception. Our DECIDE project aims to reach 6,000 young people next year with sexual health education.
- Children are vulnerable to malnourishment. We will connect with local parents through workshops about nutrition.
- The COVID-19 pandemic has dramatically affected the income of many Ugandans. We will offer vocational training to residents to improve their incomes.

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



“Through your support, parents are practising positive parenting. Communities are ensuring children and young girls’ rights are protected. We are very grateful for your support and will continue to strengthen the condition of children and young girls.”

Zaituna Asio

Programme Area Manager, East Central

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