

YOUR ANNUAL UPDATE

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

46% of children and adolescents in Eastern Zambia live in extreme poverty. Plan International has been working in this region since 1999 and, with your help, we've made life easier for some of the area's 1.6 million people.

This year, 350 children participated in activities that allowed them to speak up for what they need in school. 1,648 community members of all ages participated in non-judgmental, supportive, and intergenerational discussions about sexual health and gender.

Your sponsorship will ensure even more success for children in Eastern Zambia.



375

Caregivers learnt positive parenting techniques



1648

Community members received sexual health education



175

People vaccinated against COVID-19



COVID-19'S IMPACT IN ZAMBIA

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

"Plan supported us with masks, hand washing facilities, soap, and conducting awareness meetings to communities. A lot of people in my community have been vaccinated and we have adapted to wearing face masks, social distancing, and washing hands. I am so grateful to Plan International for the assistance."

CASE STORY: A NEW START



NAME: WISDOM

AGE: 11

HOBBY: PLAYING WITH FRIENDS

"I am so deeply grateful to Plan International for the assistance given to my son. I never imagined that my son would ever stand, let alone take a few steps. Beginnings are never easy, but we are determined to ensure that he starts to walk, independent of any assistance." – Lucy, Wisdom's mother

Meet Wisdom

Like your sponsored child, Wisdom has been empowered by Plan International to change his life. An illness in infancy left Wisdom with severe physical disabilities. Plan International intervened to support Wisdom and his family on their way to a new beginning.

No One Left Behind

When Wisdom was just five months old, he contracted a severe illness that left him hospitalised. Just over ten years later, young Wisdom had virtually no mobility if unassisted – until Plan International stepped in.

Meeting Wisdom's needs proved near impossible for his mother. Unable to move on his own, he could not enrol in school. This meant that Wisdom would sometimes be left at home, unattended, for long periods of time. On the cusp of his adolescence, Wisdom found himself lonely and isolated, while his mother struggled to stretch their money as far as it could go.

Children with disabilities are often excluded from accessing education. Our efforts with Wisdom and his family addressed ameliorating the financial, physical, and educational aspects of their situation.

A Path Back To Education

When Wisdom became a sponsored child of Plan International, he received a standing frame from Beit Cure hospital. Now, Wisdom is slowly beginning to walk.

Plan International also supported Wisdom and his family in connecting with an Early Childhood Development Centre. A specially trained teacher tutors Wisdom at home three times a week and sometimes even brings new friends by to visit.

We also supported Wisdom's mother, Lucy, by providing her with vocational training. Her small business now helps make ends meet.



Wisdom, his sister, and his mother after Plan procured a standing frame.

WE CURRENTLY WORK WITH 8,968 CHILDREN IN EASTERN ZAMBIA

OUR PROJECTS IN EASTERN ZAMBIA ARE HELPING CHILDREN THRIVE



Community members learned new skills, then became leaders by passing on their knowledge to hundreds of their peers.

STAYING SAFE AND HEALTHY



826 children received virtual lessons that made life easier for their parents. As schools closed during the COVID-19 pandemic, caregivers in Eastern Zambia struggled to meet the needs of their children, who were suddenly at home all the time.

50 parents received trainings in positive parenting and early childhood development. These caregivers went on to become community mentors, passing on what they learned to 375 parents of young children. The 50 mentors also received 30 solar radios and 27 mobile phones with child-friendly video content.

826 children participated in weekly interactive video sessions, which incorporated lessons in nutrition, hygiene, and COVID-19 prevention.

YOU CAN COUNT ON ME



31% of Zambian women are married by age 18. Nearly 10% are married before age 15, and 14% of adolescent girls between ages 15 and 19 are pregnant. In communities, where talking about reproductive health is taboo, women struggle with self-consciousness and shame.

Plan International's Break Free programme provided sexual health education to 1,648 residents of Eastern Zambia. Intergenerational dialogues and community awareness meetings were facilitated by our Champions of Change, sponsored children who themselves are learning to become leaders.

In these safe spaces, girls spoke up about their experiences. Able to address the consequences of sexist social norms, they developed a new sense of confidence and agency.



“Thank you very much for supporting our centre. Using tablets and phones to share digital information through videos has made learning exciting and continuous, without disturbance even during COVID-19. I am happy to be part of this exciting learning process.” - **Dorcus (8) from Eastern Zambia**

YOUR SUPPORT MEANS BETTER FUTURES



FUTURE CHALLENGES TO ADDRESS



70%

Of Eastern Zambia's population lives in extreme poverty



44%

Of women in Eastern Zambia struggle to access health care



34%

Of children in Eastern Zambia have stunted growth due to malnutrition



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

- At 14%, Eastern Zambia has the lowest rate of girls' secondary school enrolment nationwide. Next year, we will focus on inclusive quality education for all students.
- At 23%, Eastern Zambia has the second-highest rate of early childhood deaths in the country. One step we will take to combat this is following COVID-19 safety measures.
- Less than half of Eastern Zambia's population is familiar with HIV prevention. Our Champions of Change programme will merge sexual health education and girls' leadership.
- Our Break Free project will continue to advocate for adolescents, particularly girls, to exercise their rights, living free from child marriage and teen pregnancy.

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



"Thank you so much for your generosity. We value your unwavering support, which has contributed to transformation in the communities. We are seeing children's rights being upheld through projects which provide safe spaces, especially for girls."

Dr. Dennis Lembani

Programme Area Manager, Eastern Zambia

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