

YOUR ANNUAL UPDATE

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

Central Zambia is home to 1.8 million people. This rural area is heavily dependent on agriculture and has been collaborating with Plan International since 2001.

This year, in partnership with UNICEF, Plan International set out to address the twin crises of malnutrition and climate change through offering vocational training in sustainable agriculture to 431 residents. 120 locals participated in awareness meetings to discuss sexual health, gender inequality, and putting an end to child marriage.

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



26

Comprehensive sexual education clubs formed



161

Youth participated in Champions of Change



120

People attended dialogues on gender equality



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 8,466 CHILDREN IN CENTRAL ZAMBIA

OUR PROJECTS IN CENTRAL ZAMBIA ARE HELPING CHILDREN THRIVE



BREAKING DOWN TABOOS



175 community members participated in awareness meetings and training sessions about sexual health. In Central Zambia, young people have a limited voice in their communities and cannot speak up about their rights. With prevalent social stigma around sexuality and reproduction, young people struggle to access quality sexual health care.

This year, Plan International collaborated with 175 parents, young adults, adolescents, and children in judgment-free awareness sessions around sexual health. Local volunteers collaborated with sexual health care workers to distribute 6,480 condoms to residents.

To keep the conversation going, Plan helped form 26 Comprehensive Sexuality Education clubs in 4 districts. 100 children's clubs learned about online harassment and safety, while 75 parents met to discuss the safety of their children.

Hundreds of farmers in Central Zambia are now practising climate-adaptive agriculture for a sustainable future.

FARMING FOR THE FUTURE



Zambia is vulnerable to the effects of climate change, which could have dire consequences for the agriculture-dependent country. As the people of Zambia struggle with droughts, floods, and dry spells, deforestation and coal production continue to be practised in the region.

431 residents of Central Zambia, including 301 women, received vocational training in livestock and climate-adaptive agriculture. These lessons will make their income more resilient to climate crises and will indirectly support the needs of 114 sponsored children.



30 local leaders learned about sustainable agriculture and passed these teachings on to another 300 farmers. 2,508 people participated in activities about natural resource management.

"I was given 50 chickens by Plan International. I am now able to raise money from sales. I use the money to provide balanced meals to my family and to buy school uniforms. I am so grateful to Plan for the support."

- Choice (24) from Central Zambia

YOUR SUPPORT MEANS BETTER FUTURES



FUTURE CHALLENGES TO ADDRESS



42%

Of children in rural areas have stunted growth due to undernourishment



54%

Lack access to sanitary toilets



31%

Of girls in Zambia have given birth by age 18



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

- Early and forced marriage remains a common practise in Zambia. We will collaborate with local feminist groups to understand the best ways to reach young women.
- Contraception is not commonly used in Zambia. We will encourage open conversations around sexual health and consent.
- The people of Central Zambia are vulnerable to the effects of climate change. We will encourage climate resilience through providing young people with start-up capital.
- As COVID-19 continues to progress around the world, we will support people by offering business continuity options and protective equipment.

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



"It is inspiring to see the lives of vulnerable children, especially girls, get better through your support. We are committed to addressing the root causes of vulnerabilities like child marriage, poverty, and climate change. Thank you."

Margret Nakamba

Programme Area Manager, Central Zambia

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