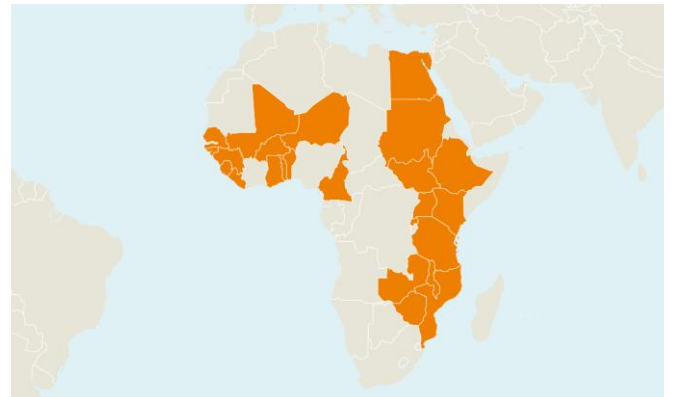


# ANNUAL UPDATE

# CAMEROON

## BITENG



**Together with your sponsorship, children and families are making positive changes in Biteng. Learn more about the valuable ways we work with children and communities.**

Welcome to Biteng! This mostly rural region is home to more than 4.1 million people, 90% of whom work in agriculture. Just over half of all enrolled students in Biteng make it to graduation, partially because teen pregnancies are common, and new mothers often drop out of school to parent. Thanks to your support, we have partnered with 25 health care providers, 123 parents, 244 students, and 190 peer educators to spread information about contraception, family planning, girls' rights, and gender-based violence.



**195**

Community members discussed sexual health and rights



**95**

Young men became peer educators on sexual health



**354**

People celebrated International Women's Day

**“PLAN’S YOUTH ENGAGEMENT PROJECT HELPED ME RAISE MY VOICE FOR THE CAUSES I CARE ABOUT.”**

- Louise, 13-year-old Youth Club member





**NAME: BLANDINE**

**AGE: 23**

**DREAMS TO BE: A DOCTOR**

**"I WILL NOT GIVE UP. I BELIEVE IN MYSELF: I WILL BE A LEGEND."**

## Meet Blandine

**Like the child you sponsor, Blandine is making a difference in her community.** Ever since two of her closest friends at school were forced into marriages as children, Blandine has become a fierce advocate of girls' rights.

## From Learner to Leader

Blandine lives in Garoua, a region in northern Cameroon. A committed and ambitious student, Blandine was rattled when two of her best friends at school were forced into early marriages during their fourth-grade year. Recognising the inequality between men and women in her community, Blandine started on the path to becoming what she is today: a confident spokesperson about gender-based violence, reproductive rights, sexual health, and preventing early pregnancy.

Years after Blandine's formative experience with child marriage, today, she facilitates conversations between parents and their adolescent children in her community, where they can talk openly about gender, inequality, education, and the prevention of violence.

## I Can Do Anything

With Plan International, Blandine has been able to earn money facilitating workshops about gender-based violence and girls' rights, which helps her pay for her tuition. Blandine's work as an advocate for the rights of girls and women became a central part of her university dissertation, for which she earned the highest mark of any student in her region. Today, Blandine is continuing her studies, focusing on the impact of the internet on the safety of girls and women. Alongside her schoolwork, Blandine is an intern for Plan International, where she creates educational outreach programmes about the causes she cares about.



*Today, Blandine's work as a facilitator helps her pay for university.*

# OUR PROJECTS IN BITENG ARE HELPING CHILDREN THRIVE



148 adults and young people collaborated with the local government to create stronger protection mechanisms for victims of abuse and gender-based violence.

## SUSTAINABLE SKILLS



**8.5% of young men and 23.5% of young women in Biteng are unemployed.** In partnership with BB Food, Plan International provided vocational training to 36 women and four men.

Together, we discussed cultivating mushrooms for distribution and sales, practising hard skills in agriculture and building knowledge of entrepreneurship, financial literacy, and business planning.

Once the training sessions were completed, each participant received plentiful resources, including 250 sachets of seeds, four bags of rice bran, and four crates for transportation, to start their small businesses with confidence.

## I CAN DO ANYTHING



**Teen pregnancy and sexual violence are high in Biteng.**

This year, we worked with hundreds of young adults in this part of Cameroon to break cycles of gender-based violence and unwanted pregnancies. 244 teens and young adults took part in workshops about positive masculinities, contraception, life skills, and sexual health. 25 health care providers participated in a three-day workshop about improving services to young people, like contraception and collaboration with peer educators.

Today, 190 community members have taken on leadership roles as educators and outreach coordinators on critical topics like pregnancy and sexually transmitted infections. So far, 123 adolescents and young adults have learnt more about sexual health and reproductive rights.

“Because of Plan International, young girls like me already know a lot about our bodies. We’re no longer afraid to talk about our sexual health.”

- Salome (15) from Biteng



# YOUR SUPPORT MEANS BETTER FUTURES



The best is yet to come—and together we will continue to work for a brighter future for the children in Biteng.

- 36% of girls under 18 in Biteng are already mothers. With your support, we will collaborate with local families to discuss contraception, family planning, girls' rights, and education.
- Young women in this region struggle to find formal employment. Next year, we will empower job-seeking women with vocational skills and financial literacy.
- 35% of women in central Cameroon experience abuse. We will work with community leaders to create robust protection and reporting networks for vulnerable women and children in Biteng.

Thank you for your continued support.



“Thank you for helping us to support more children in education, health, and rights, especially girls. Your support brings joy to children in Biteng.”

**Darline Moukoudi**  
Programme Area Manager

## THE PLAN EFFECT



Your sponsorship commitment becomes long-term change—providing help for self-help. We involve children at the centre of all projects, bringing effective and sustainable solutions to families and communities. With Plan's Effect, your commitment helps empower communities to transform their lives and futures.

## THE LAST 12 MONTHS



### AUGUST



190

Young adults learnt leadership skills

### SEPTEMBER



148

Community members joined child protection clubs

### NOVEMBER



30

Caregivers participated in positive parenting workshops

### DECEMBER



25

Health care providers improved teen health resources