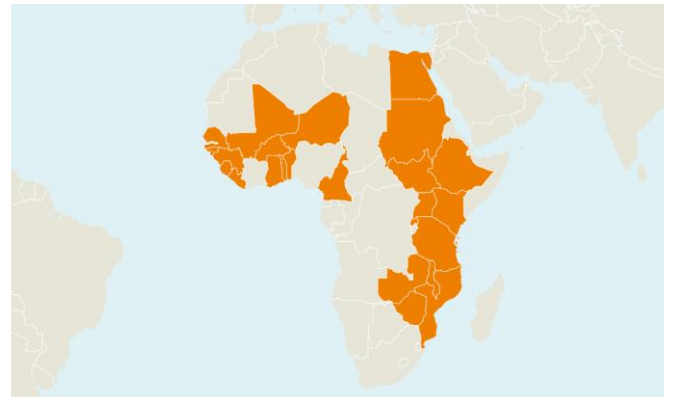


ANNUAL UPDATE

SENEGAL

THIES



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

Thies is a small city in western Senegal wrapped around the Cape Verde peninsula. As climate change has made rainy seasons shorter and dry seasons longer, Thies’s rural population has become increasingly vulnerable, leading to food shortages that can be severe. This year, one of our primary projects in Thies has been to measure the height and weights of thousands of local infants and children to combat undernourishment, which remains high in this part of the country.



70

People with disabilities received funds for small businesses



459

Girls and women competed in football tournaments



53,219

Young children regularly screened for malnutrition

“AS PART OF PLAN’S NEW YOUTH RECREATION SPACE, WE REPAIRED OUR COMMUNITY’S HEALTH HUT.”

– Sokhna, 13 years old, Sponsored Child





NAME: NATHALIA

AGE: 16

**DREAMS TO BE: A
TEACHER**

“AS A YOUNG GIRL IN THIS COMMUNITY, I NOW HAVE BETTER HEALTH, BETTER EDUCATION, BETTER PROTECTION AND MORE SELF-ESTEEM. I FEEL RESPECTED.”

Meet Nathalia

Like the child you sponsor, Nathalia is taking steps toward achieving her goals.

Children in Nathalia's community did not have safe places to play, so she took matters into her own hands.

Fear Stops Here

For too long, Nathalia and her friends felt they didn't have anywhere to go during their free time. In their seaside community in Dakar, too many children had drowned while playing, and young people were beginning to fear the water.

Nathalia took it upon herself to collaborate with a network of current and former Sponsored Children, as well as Plan International, to support safer recreation for young people in her community. As a result, children, parents, teachers and local leaders held meetings to talk openly about child safety and protection. Community members then formed inter-generational Child Protection Committees, which established plans to report and resolve violations of children's rights.

We Are Leaders

In addition to these meetings, Nathalia and her friends participated in workshops about adolescent and sexual health, which included empowering activities to foster communication and creativity.

While swimming safety was a key concern for Nathalia and her friends, they achieved so much more: today, Dakar's new Child Protection Committees have been able to intervene in a number of cases of children's rights violations.



Nathalia is also passionate about dance and she is known for her talent and creativity.

OUR PROJECTS IN THIES ARE HELPING CHILDREN THRIVE



NO LONGER HUNGRY



Less than 20 years ago, the malnutrition rate in Senegal was as high as 20%. We were able to conduct monthly weigh-ins for 23,069 infants under two years old. Another 53,219 children under the age of five are now receiving quarterly screenings for undernourishment. When we discovered that 1,307 children were indeed malnourished, we connected them to health care providers for treatment. Today, 1,208 of those children are officially cured of undernourishment.

As part of our work to support families in need, 24 mothers received seed funding to start small businesses, and another 274 families received livestock to generate additional income. 12,064 mothers participated in discussions about early childhood development.

This year, our projects in Thies focused on youth leadership, economic empowerment and improving community health.

LEARNERS TO LEADERS



In Thies, girls report feeling shy and excluded from decision-making. Plan's Champions of Change project focuses on training young people – and particularly girls – to become peer educators and youth leaders, learning to take up space at centre stage with confidence.

Our skilled youth leaders organised 60 awareness sessions with 1,500 of their peers, where they held critical conversations about gender, women's rights and positive masculinities. Another 300 young girls shattered gender stereotypes through taking part in 20 youth football teams. Boys and girls alike competed in four district tournaments, and 140 young athletes took part in 12 training sessions to improve their skills.



"I feel more responsible, confident and valued through this project. I see less violence, and boys support us more."

– Maty (15) from Thies

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 Thies.

- 1 in 11 young women in Senegal have been sexually abused. With your support, we will conduct workshops with local community, religious and political leaders about gender-based violence.
- Nearly 22% of young people in Thies are unemployed. Next year, we will offer climate-resilient vocational training in irrigation techniques, business management and more to young adults.
- There are still no community projects in Thies which are entirely managed by young people. As part of our work to empower a generation of leaders, we will support youth leadership programmes, particularly for girls.

Thank you for your continued support.



“Thanks to your support, significant changes are being made in children’s lives. Next year, we will strive to reach even more children and young people.”

Samba Fatim Mbaye
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

