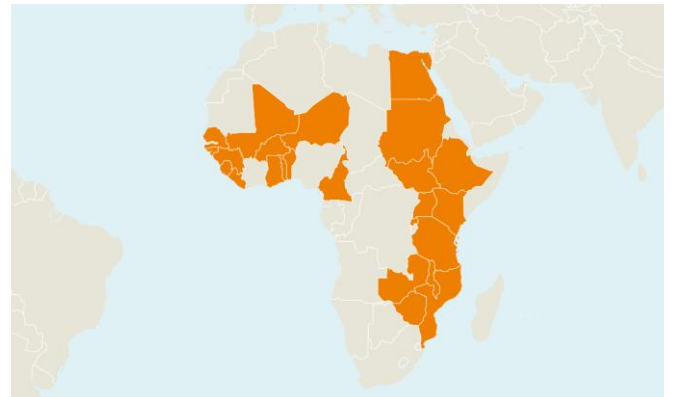


ANNUAL UPDATE

GHANA

NORTHERN GHANA



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

Women’s economic empowerment is vital to a fair, inclusive community – so this year, projects focused on improving access to learning opportunities, and engaging women in entrepreneurial projects. Supporting young people with sexual and reproductive health information was key, and adolescent clubs provided a place to share knowledge and information on important issues.

Together, young people and their community are working toward a brighter future.



900

Pupils benefitted from newly established ICT centres



3,450

Women learned skills for climate-friendly businesses



328

Preschool teachers were trained on new teaching methods

“THE CHILD DISTANCE LEARNING PROGRAM CONTINUES TO HELP ME EVEN AFTER COVID.”

Randa, 12-year-old Sponsored Child





NAME: COMFORT

AGE: 17 YEARS OLD

DREAMS TO BE: A DOCTOR

“I USED TO ASK FOR MONEY TO BUY PADS BECAUSE MY MOTHER COULD NOT AFFORD IT. I AM GRATEFUL TO PLAN FOR SUPPORT IN UPHOLDING MY DIGNITY.”

Meet Comfort

Like the child you sponsor, Comfort is taking steps towards achieving her goals and building a stronger future for herself.

Period poverty has a profound impact on girls; in fact, Comfort and girls like her often missed school because of a lack of menstrual supplies. Now, with access to a menstrual cup, Comfort is in school and planning her future as a doctor.

Living with period poverty

Comfort and her two brothers live with their mother and grandmother. Comfort's mother, a farmer who trades in the market, is the sole bread-winner. Money is scarce, and there are days when the family doesn't eat much.

Poverty takes a toll – and period poverty is especially challenging. Many girls face a critical barrier because of limited access to affordable, reliable menstrual hygiene products.

Menstrual hygiene is costly in Ghana: Over 35% of luxury taxes are charged on pads. Girls resort to unhygienic alternatives like rags, and often skip school for 3-4 days a month because they are unable to buy pads. Some girls exchange sex for money to enable them to buy pads and attend school.

Managing her menstrual health

Now, however, Comfort and other girls in her community can reliably attend school – even when they're menstruating. A menstrual cup is a reliable and long-lasting solution, and 2,000 menstrual cups were distributed to support girls in managing their menstrual health, and helping them stay in school. The post-project evaluation showed a successful 92% of usage.

Comfort says, “There were times I had to stay home because I didn't have any supply of pads to sustain me in school, but now with the menstrual cup, I am relieved of asking people for money to support my menstrual health.”



Now Comfort can focus on school – and her dreams

OUR PROJECTS IN NORTHERN GHANA ARE HELPING CHILDREN



This year, 60 young women learned how to sew and market reusable sanitary pads.

TRAINING FOR SUCCESS



A lack of quality, inclusive education presents a challenge for young people. Many girls leave school early, and only 55% of girls have some secondary education. This has an impact on employment, and youth unemployment in Ghana is estimated to be as high as 14%.

Factors contributing to poor learning outcomes include a shortage of learning materials and furniture. In response, 18 community schools received desks, and Information Communication Technology centres were established in five districts to improve teaching and learning.

In addition, at-risk youth acquired and utilised market-driven entrepreneurial skills in the production and marketing of reusable sanitary pads. This programme provided income-generating activities as well as an alternative to disposable pads, which are too costly for rural women and young girls.

EMPOWERING GIRLS TO LEAD



With opportunity and information, girls and young women become agents of change.

This year, a total of 7,000 children and youth in Northern Ghana benefited from leadership training and opportunities. Newly-established adolescent health clubs provided the opportunity for youth to meet regularly with key stakeholders to share knowledge and information on sexual and reproductive health rights issues.

In addition, 120 adolescent girls trained as change makers through leadership skill-building and public speaking, and 800 young people participated in youth dialogue on themes such as youth unemployment, violence against women and more.

“I had little knowledge about menstrual hygiene management. I became a member of the club and trained on menstrual hygiene management and other important information relating to sexual reproductive health rights.” - **Sadiya (16) from Northern Ghana**



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 Northern Ghana.

- One out of every four children in Northern Ghana suffer from abuse and violence. Forming and training District Child Protection teams will address this issue and help to promote child safety.
- Inadequate furniture in schools in the area makes learning difficult. The provision of furniture to schools will be a key initiative this year.
- High rates of adolescent pregnancy have an impact on the health and education of girls and young women. Adolescent health clubs and adolescent-friendly health facilities will provide information and resources for young people.

Thank you for your continued support.



“Programmes and projects have contributed positively in the areas of education, health, youth participation and child protection. Many thanks to our cherished donors for the support.”

Eric Ayaba
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



JANUARY



34

Boreholes provided communities with clean water

MAY



1,420

Desks made learning easier for pupils in 18 schools

OCTOBER



120

Youth were trained in leadership skills

DECEMBER



5

District-wide bye-laws ensure the protection of children