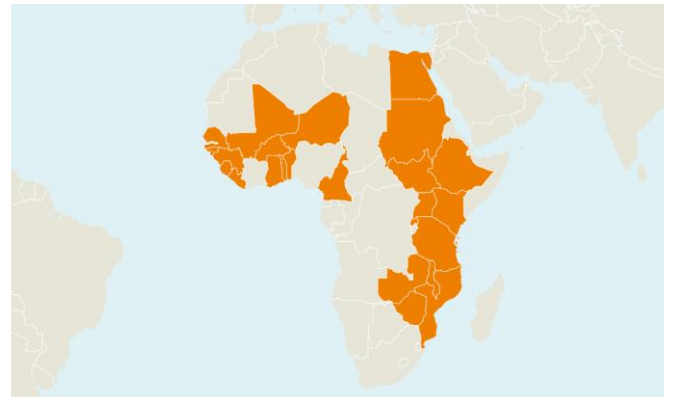


# ANNUAL UPDATE

# KENYA

## KWALE



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

Over the last year, thousands of young people gained crucial knowledge about their sexual and reproductive health. Youth can now make informed decisions about their lives and bodies, and they have the support of their parents and local healthcare workers.

Families in Kwale are working to protect their environment, while also learning sustainable ways to earn an income. And with new financial literacy training, women are able to save their money and invest in their futures.



**100**

Girls celebrated International Day of the Girl



**2,000**

Young people learned about menstrual hygiene management



**304**

Parents gained positive parenting skills

**“AFTER PARTICIPATING IN CHAMPIONS OF CHANGE, I AM NOW AN ADVOCATE FOR SEXUAL HEALTH AMONG MY PEERS.”**

Joseph, 13 years old





**NAME: AMOS**

**AGE: 15**

**DREAMS TO BE: A  
DOCTOR**

**“I’M HAPPY TO BE BACK IN SCHOOL – WITHOUT PLAN, I WOULD NOT HAVE THIS CHANCE TO CONTINUE MY STUDIES. I WILL WORK HARD TO ACHIEVE MY DREAM.”**

## Meet Amos

**Like the child you sponsor, Amos is taking steps toward achieving his goals.**

Amos lives with his parents and three siblings in a two-room house. He loves reading and hopes to become a doctor so he can help others like himself.

## Helping Healthcare

As a child, Amos developed paralysis after an illness. His family could not afford a wheelchair, and Amos had to drop out of school. Although his parents took care of him as best as they could, they often had to leave him in bed for long periods of time. Amos developed sores and his health deteriorated.

A community health volunteer heard about Amos’s predicament, and he was referred to a local Plan employee, who helped arrange transportation for Amos and his parents to the nearest hospital for urgent care. And in partnership with the Ministry of Health, a nurse was engaged to provide regular care and treatment of Amos’s bedsores.

## Will to Achieve

After Amos’s health improved, he was keen to go back to school. With the help of Plan International, Amos has a brand new wheelchair and supportive pressure cushions which allow him to sit comfortably.

Amos has a zeal for learning, and his teachers are impressed with his progress and his passion. He encourages other children with disabilities at his school to never give up hope.

And Amos’s parents have become advocates in their community on asking for help and seeking the best healthcare possible for their children.



*Amos is now thriving at school*

# OUR PROJECTS IN KWALE ARE HELPING CHILDREN THRIVE



Parents are able to protect their environment and earn a living through sustainable farming practices

## CLIMATE CHANGE ADAPTATION



The impacts of climate change are being felt throughout Kenya in unpredictable rainfall, intense storm surges, and periods of extreme heat. In coastal Kwale, mangrove forests are critical habitats that protect the shore and prevent soil erosion.

But widespread poverty in the region has led to over-exploitation of the mangroves to harvest the wood or convert the land to other uses. This limits the protective quality of mangroves and increases the vulnerability of people living in the area.

To help families protect the environment and earn a living, 435 people joined mangrove restoration groups, and 312 people completed training on seaweed farming. By learning environmentally sustainable methods to both use and preserve the mangroves, community members are able to improve their resilience to the challenges of the future.



## MY BODY, MY FUTURE

Around 15% of pregnancies in Kwale are among teenage girls. Early pregnancies can cause serious health issues and often force girls out of school and into early marriages, preventing them from reaching their full potential.

To help support girls and boys take charge of their bodies, 30 healthcare workers completed training on how to provide supportive adolescent sexual and reproductive health care.

In addition, 30 young people were trained as youth champions, sharing information with their peers on sexual health. More than 1,500 youth have now learned how to prevent early pregnancy and sexually transmitted infections, how to manage their menstrual hygiene, and where to go for reproductive health care.

“The role play has taught me things I didn’t know. I am now aware of my body. I am confident now to say no to negative behaviour.”

**Tatu, 14, from Kwale**



# 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 Kwale.**

Around 70% of people in Kwale live in poverty. We will continue to empower families with sustainable livelihoods, so they can earn a living while protecting their environment.

We will also increase the capacity of communities to respond to natural disasters such as floods through community workshops on risk reduction and emergency planning.

Rates of early pregnancies, sexually transmitted infections and gender-based violence continue to be high. We will raise awareness of girls' rights and improve access to sexual and reproductive health care.

**Thank you for your continued support.**



“Our work in the last year kept children in school despite the persistent harsh drought conditions. Thank you for sponsoring a child in Kwale.”

**Albert Mlamba**  
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



### FEBRUARY

**40**

Teachers trained on psychosocial first aid



### MARCH

**312**

People gained financial literacy skills



### JUNE

**800**

Young people learned about child protection



### NOVEMBER

**30**

Healthcare workers trained on adolescent sexual health care

