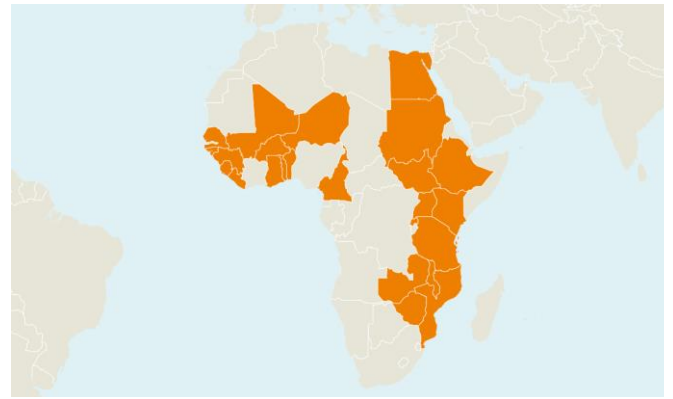


# ANNUAL UPDATE

# KENYA

## KILIFI



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

In drought-stricken Kilifi, parents are struggling to grow enough food for their children. Over the last year, 5,277 families received cash assistance to help them cover their basic needs. More than 20,000 students have been able to eat nutritious school meals.

Girls and boys also learned about their sexual and reproductive health, giving them the knowledge they need to make informed decisions about their bodies. And thousands of community members are working to keep children safe from violence and abuse.



**4500**

Girls gained menstrual hygiene management skills



**20234**

Students received nutritious school meals



**7783**

Community members learned about child protection

**“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 KILIFI ARE HELPING CHILDREN THRIVE



18 community members gained leadership skills as school board members, where they manage the school feeding programme and make improvements to their schools

## HEALTHY STUDENTS



**Access to quality education is a challenge for children in Kilifi.** Many schools lack classrooms, desks and latrines. Widespread poverty also means children often do not have enough to eat, so focusing on their lessons is a struggle.

To help improve learning conditions, three primary schools were supported to build a fully equipped classroom, a kitchen, a latrine, and an underground water tank. More than 2,000 students attend these improved schools, where they also receive breakfast and lunch meals. Having nutritious food at school has helped girls and boys continue their education and has improved their health.

120 students created health clubs, where they share their knowledge on hygiene and sanitation with their classmates. Good hand-washing practices prevent the spread of diseases and ensure children are taking care of their bodies.

## MY BODY, MY FUTURE



**In Kilifi, around 12% of pregnancies are among teenage girls.** Rates of sexually transmitted infections and gender-based violence are also high. These challenges prevent girls from reaching their full potential.

Through training sessions with healthcare workers, 4,500 girls learned about their menstrual health. Topics covered hygiene practices, how to use sanitary pads, and how to prevent early pregnancies. Girls also received hygiene kits with menstruation supplies.

41 community members completed training on children's rights and child protection mechanisms. Through outreach sessions, more than 7,700 parents and children now know how to keep girls and boys safe from violence.

“Before the training, I had a lot of wrong information on sexual health. Today, I am a proud peer educator with leadership skills and respect in my community.”

**Mary, 16, from Kilifi**



# 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 Kilifi.**

More than 65% of people in Kilifi do not have regular access to quality food. We will provide training to farmers on climate-resilient strategies, and continue to provide financial assistance to families during this drought.

Rates of early pregnancies, sexuality 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.

Around 30% of children are not enrolled in school. We will continue to improve school infrastructure by building classrooms and toilets, and ensure all students have nutritious meals at school so they can focus.

**Thank you for your continued support.**



“We provided school meals, promoted child protection and ensured that children were regularly participating in learning activities. Thank you for sponsoring a child in Kilifi.”

**Winfred Mukonza**  
Programme Area Manager

## THE PLAN EFFECT



**Your sponsorship commitment is turned into effective 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



**MARCH**

**41**

Community leaders trained to respond to child abuse



**MAY**

**25965**

People received cash assistance



**NOVEMBER**

**1019**

Children and parents supported with food kits



**DECEMBER**

**3**

Gender-friendly latrines built at schools

