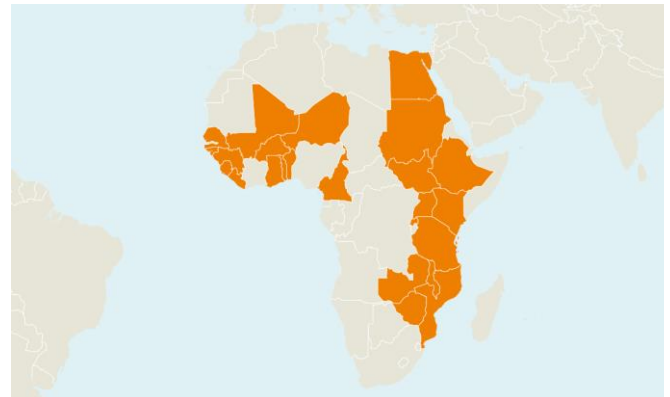


# ANNUAL UPDATE

# UGANDA

## EAST CENTRAL



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

Thanks to your support, our projects in East Central Uganda supported thousands of local children to continue their educations, stay healthy and learn to lead with confidence. This year, girls at 68 schools in the area received reusable sanitary pads, and educators are reporting that attendance has already improved. We checked up on the sanitation and water facilities of 345 people across 3 villages, helping 23 households improve their plumbing along the way.



**55**

Bicycles were donated to educators



**4,805**

Girls received reusable menstrual hygiene kits



**2,375**

Caregivers discussed the importance of education

**“PLANS RISING PROJECT, WHICH SUPPORTS SCHOOL CHILDREN, SAVED ME FROM DROPPING OUT OF SCHOOL.”**

Lydia, 14 years old, Sponsored Child





**NAME: CLETUS**

**AGE: 10 YEARS OLD**

**DREAMS TO BE: A DOCTOR**

**“I AM VERY HAPPY THAT I AM NO LONGER SICK ALL THE TIME, BECAUSE WE HAVE A WATER PURIFIER. SOMEDAY, I WANT TO BE A DOCTOR AND HELP SICK CHILDREN.”**

## Meet Cletus

**Thanks to Plan International's projects, Cletus is healthier than ever.**

When our team in West Nile, Uganda first met Cletus's parents, they told us that he was regularly sick and missing school.

## Drinking Water for Everyone

Like many families in their community, Cletus and his parents relied on a spring well for water. What they didn't know was that this water was not clean enough to safely drink: in fact, it was the reason why Cletus continued to get sick, missing school days due to malaria or diarrhoea.

This year, we worked with 950 families, including Cletus's, to install solar-powered water purifiers. While we were there, we made sure that all local children were immunised against preventable illnesses. We also spoke to local parents, including Cletus's, to discuss caring for sick children at home and how to access professional health care at nearby health centres.

## Growing Big and Strong

Today, Cletus's family reports that Cletus is regularly attending school, and no longer falling sick the way that he used to.

When we learned that thousands of parents in Uganda struggle to afford school supplies for their children, the support from sponsors like yourself, enabled us to provide books and pencils to around 70,000 Sponsored families across the country – including Cletus and his siblings.



*Today, Cletus is able to go to school regularly.*

# OUR PROJECTS ARE HELPING CHILDREN THRIVE



## MY FUTURE IS BRIGHT



**Teen pregnancy remains common in East Central Uganda.**

Many young people in East Central do not have much knowledge about sexual health, from contraception to the prevention of sexually transmitted infections and gender-based violence.

This year, 68 trained youth leaders facilitated workshops with their peers about safety, consent and gender equality. 4,095 young people at 24 schools had honest conversations about pregnancy, menstruation and contraception, shattering taboos and building respect for one another.

Thousands of children and families now have access to clean drinking water and reusable menstrual hygiene supplies.

## FINDING OUR WAY BACK TO SCHOOL



**Up to 65% of school dropouts in East Central Uganda are due to poor conditions at local schools.** For female students, this statistic directly connects to a lack of information about menstruation, linked to cultural taboos, feelings of shame, and a lack of access to sanitary pads. As a result, many girls in Uganda miss school during their periods, which causes them to fall behind, and, in some cases, leave school entirely.

This year, we held 60 community dialogues with 2,375 parents and teachers to discuss the importance of education, leading to a 24% increase in enrollment at 2 local schools. 4,805 female students received menstrual hygiene kits, improving enrollment at 68 schools.

“I used to miss school during my periods. When I received a sanitary kit from Plan, I gained confidence. Now, I’m sure I will complete school.”

**- Racheal (15) from East Central**



# 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 East Central.**

- 56% of people in East Central do not have access to hygienic hand-washing facilities or latrines. With your support, we will improve sanitation facilities for all community members.
- More than half of all children in East Central drop out of school. Next year, we will continue our RAISING project, which helps all children find a path back to education.
- 45% of teen pregnancies in Uganda are due to insufficient information about sexual health. In 2024, young people in East Central will be trained to become peer educators and youth leaders.

**Thank you for your continued support.**



“Thank you for supporting the well-being of children and communities in East Central Uganda. We are continuing to implement high-quality projects aligned to children’s needs.”

**Zaituna Asio**  
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



**25**

community members practised vocational skills

### APRIL



**4,095**

girls discussed adolescent health and hygiene

### OCTOBER



**2**

boreholes for clean drinking water were built near schools

### DECEMBER



**213**

community members discussed gender and equality