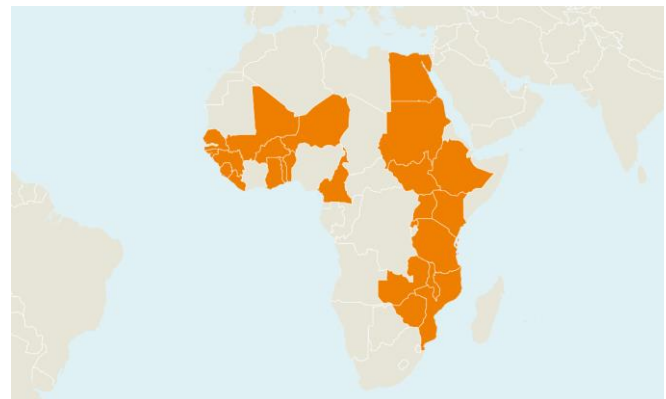


# ANNUAL UPDATE

# UGANDA

## NORTHERN



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

Northern Uganda is warm and swampy, a tropical area cooled by regular breezes. This region is home to 408,043 people, of which nearly 11,200 are Sponsored Children. Just over 50% of pregnant mothers are immunised against tetanus, and just 24% of mothers who are not pregnant have received the vaccine. This year, with your help, we brought trained health care workers to 24 communities, providing immunisations, STI testing, HIV/AIDS counselling and family services to 4,654 residents.



**2,815** Children returned to school



**93** Primary schools received computer tablets



**4,163** Textbooks were donated

**“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



From sexual health workshops to educational radio shows and reusable menstrual hygiene kits, your support is helping young people in Northern Uganda learn, grow and thrive.

## EARLY EDUCATION COUNTS



**3,774 children between 3 and 7 years old are now enrolled in Early Childhood Development centres.** The first decade of a child's life is full of discoveries and curiosities. Nurturing a young child's developing mind is one of the best ways to ensure that they will have a lifetime of strong cognitive, social, emotional and physical intelligence.

Still, many parents in Northern Uganda aren't aware of just how important it is to provide young children with hands-on, consistent support, and many children are not enrolled in any form of school during this time. This year, 1,993 young girls and 1,781 boys enrolled in our Early Childhood Development centres, and another 218 adults were trained to become responsible caregivers for these new students. 3,223 parents discussed parenting tips and tricks, with a special focus on engaged fatherhood.

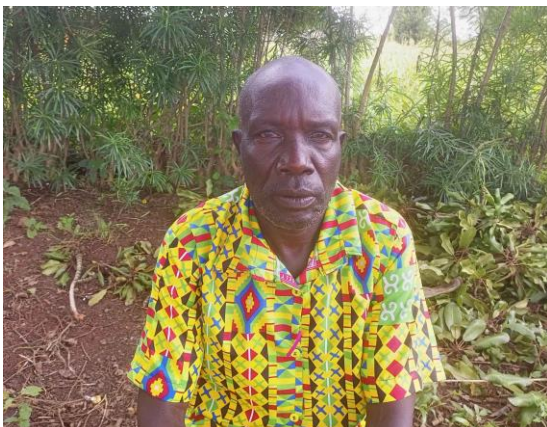


## HEAR MY VOICE



**Close to 30% of women in Uganda between 15 and 49 years old have reported experiences of physical or sexual violence.** Many young people in Uganda do not have much information about their rights or sexual health, which – in addition to these high instances of gender-based violence – is also linked to high rates of teen pregnancy.

This year, we trained 16 youth leaders to speak with confidence to their peers about critical issues, from breaking down taboos around menstrual to sexual health, reproductive rights and equality. 18 professional health workers drafted action plans to offer more youth-friendly services in their clinics, and 4,654 community members were immunised and tested for sexually-transmitted infections.



“Plan's workshop about sexual gender-based violence helped me to realise that we need to change some cultural aspects.”

- Justin (55) from Northern Uganda

# 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 Uganda.**

- In this region, around 85% of boys and girls are enrolled in primary school. With your support, we will continue to collaborate with caregivers and decision-makers to increase enrollment.
- 25% of teen girls in Uganda give birth before their 18th birthday. Next year, we will continue to provide access to education about sexual health and gender-based violence to young people.
- 34% of teen girls are married by the time they turn 18. We will connect with caregivers to have vital intergenerational dialogues about safety, girl's rights and positive masculinities.

**Thank you for your continued support.**



“Thank you for your support. With your help, we have opened doors for children, igniting their dreams. Your impact is truly immeasurable.”

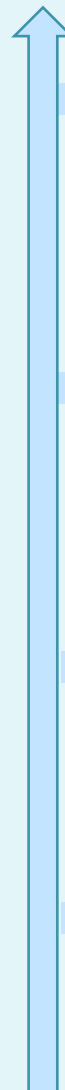
**Patrick Emukule Ilukol**  
Programme Area Manager

## 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

**3,774**

children enrolled in early development centres



### APRIL

**3,223**

caregivers participated in parenting workshops



### MAY

**8**

community dialogues held about gender based violence



### NOVEMBER

**18**

health care workers were trained in teen health

