

ANNUAL UPDATE

EL SALVADOR

CABAÑAS



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

In Cabañas, many residents are farmers, and vulnerable to the effects of climate change. Inconsistent rainfall, from droughts to floods, threatens the crops and livelihoods of many families. In times of stress and crisis, violence and gender inequality tend to rise: that's why this year, our primary projects in Cabañas concentrated on empowering girls to stay in school, focus on their future and become leaders in their communities. To increase their economic empowerment, we worked with youth to build their digital and vocational skills.



2,545

children were trained in prevention of violence



238

young people improved their computer skills



598

youth received vocational training

“THANKS TO A SCHOLARSHIP FROM PLAN, I AM PURSUING A BACHELOR'S DEGREE IN BUSINESS ADMINISTRATION.”

Rosa, 16 years old, Sponsored Child





NAME: NARDA

AGE: 17

**DREAMS TO BE: A
DENTIST**

**“I WANT TO INSPIRE YOUNG PEOPLE TO BELIEVE THAT
THEY CAN DO ANYTHING.”**

Meet Narda

Like the child you sponsor, Narda is making steps towards her goal and achieving lasting change.

Though hardships have threatened to prevent Narda from completing her education, this resilient student is not giving up on her dreams.

Supporting the Next Generation

Narda enjoys drawing and reading history books, and dreams of speaking fluent English and becoming a dentist. When local schools closed during the peak of the COVID-19 pandemic, Narda struggled to get internet access from home, threatening her ability to keep up with her classmates. Once in-person learning resumed, challenges remained: this determined student had to travel 3 hours by bus to attend her English classes.

But despite these hardships, Narda has never wavered on her goals. Plan International has tried to make her journey to university a little easier. As a Plan Sponsored Child, Narda received a scholarship that helped her complete her high school education.

From Learners to Leaders

Narda also participated in Plan International's Gender Transformative Political Leadership School, which focuses on nurturing the ambitions of young women, building confidence to become leaders and advocating for equality.

As the numbers of teen pregnancies continue to rise, our Leadership students have safe, supportive spaces for young women to talk about their lives, learn about their health and rights and make plans for the future.



Narda is a diligent student.

OUR PROJECTS IN CABAÑAS ARE HELPING CHILDREN THRIVE



This year, our projects focused on supporting a safer, more equal Cabañas.

BREAKING THE CYCLE OF VIOLENCE



In Cabañas, disciplinary violence against children is common.

We're doing our part to help break the cycle with our Violence Free Generation project. Since July of 2022, we've worked with a cohort of 20 at-risk girls and teenagers to discuss their rights, advocate for themselves and build their confidence. After learning about gender equity, girls' rights and sexual violence, our students were trained to become peer educators, passing along valuable lessons at the same time. As part of our work to raise awareness about these issues, we hosted events about consent and sexual violence. We also worked with teen boys to discuss positive masculinities, gender-based violence and girl's rights.

"I trust myself more," says participant Daniela, age 17. "I'm not afraid to raise my voice when something doesn't seem right."



MY FUTURE IS BRIGHT

El Salvador has a high amount of teenage pregnancies resulting in many girls dropping out of school.

Ensuring girls and young women realise their right to sexual and reproductive health and have control over their lives and bodies are critical to achieving gender equality.

Over the last 12 months, we worked closely with 84 teenagers in Cabañas (49 girls, 35 boys). During school holidays and vacations, we fostered fun, safe spaces for young people to talk about their health, emotions and rights. From talking about sexual health and rights and menstruation to identifying violence, we made sure that all of our students knew that they had resources and a community available to them when they need it.

"Plan's adolescent health workshops have helped us to grow as girls, to feel happy for being women and to have a voice to defend our rights."

- Dolores, 15 years old, Sponsored Child



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 Cabañas.

- 10.5% giving birth in El Salvador in 2021 were girls between 9 and 17 years old. We will continue to provide sexual and reproductive health and rights training to at-risk students.
- We will also work with local health centres to create safe environments and improve their resources for adolescent health, including menstruation and contraception.
- Many children in El Salvador experience limited involvement of their fathers. We will continue to work with men to discuss positive masculinities and involved parenting.

Thank you for your continued support.



“Thank you for supporting our work! With your help, we have been able to implement projects that improve the lives of children, adolescents and families in Cabañas.”

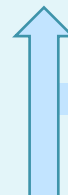
Jorge Aguilar
Program Area Manager

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



JULY 2022



113

people learn vocational skills

SEPTEMBER 2022



318

teens receive scholarships

MAY 2023



621

victims of violence receive psychological support

JUNE 2023



551

children receive health care