

# ANNUAL UPDATE

# HONDURAS

## INTIBUCÁ



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

In Intibucá, just 28% of children are enrolled in secondary school. One of the primary contributors to this statistic is early pregnancy, which causes many girls and young women to drop out of school.

Thanks to your support, our programmes in Intibucá this year focused on breaking the stigma around sexual health education. 193 students discussed sexual health and gender-based violence at home with their parents and together in engaging, participatory workshops.



160

Children discussed safety and recognising abuse



14

Schools drafted emergency response strategies

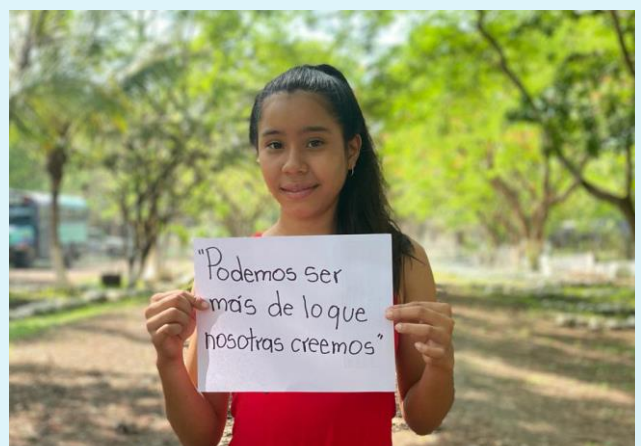


128

Parents discussed sexual health education

**“PLAN’S LEADERSHIP SCHOOL HAS TAUGHT ME THAT MY RIGHTS ARE THE SAME AS A MAN’S RIGHTS.”**

Nilser, 14 years old, Sponsored Child





**NAME: JACQUELINE**

**AGE: 17 YEARS OLD**

**DREAMS TO BE: A  
ENGINEER**

**“THANKS TO THE SUPPORT OF PLAN AND THE PEOPLE WHO HELPED ME DURING MY PROCESS. I AM ABLE TO CONTINUE MY NORMAL LIFE WITH BETTER HEALTH.”**

## Meet Jacqueline

**Like the child you sponsor, Jacqueline is making steps towards achieving her goals and building a stronger future for herself.**

Jacqueline is a cheerful teenager who loves to watch animal documentaries and practice her cooking and handicraft skills. She says she is very happy in her village, where they grow and harvest their own food and medicinal plants.

## A Surprise Attack

Yet like many youth, Jacqueline faces stressful situations. Honduras is affected by extreme weather events which impact food security and access to water. Poverty and inequality also play a role in the daily lives of teens like Jacqueline.

“I had an emergency while I was in class,” says Jacqueline. “The pressure in my chest, my heart was pounding, I felt short of breath.” She collapsed and was sent to hospital, where she was diagnosed with anxiety.

Anxiety is serious—yet with the support of Plan, the community and her family, Jacqueline is now able to control her anxiety and continue her life and her studies.

## Focusing On Her Future

Jacqueline says, “I have become more empathetic, and it helped me to understand people. I am very grateful to my family, to the community, to Plan for all the support they have given me.”

Anxiety, Jacqueline reports, has not stopped her. With a diagnosis and Plan's support of medical help, she is moving on with her life—continuing her studies and learning English as a second language. “I know that like me there are many other people who suffer from anxiety, and I would like to tell them that everything will get better.”



*With diagnosis and support, Jacqueline can focus on her studies.*

# OUR PROJECTS IN INTIBUCÁ ARE HELPING CHILDREN THRIVE



243 community members of all ages practised their disaster preparedness through emergency drills.

## YOU CAN COUNT ON ME



**It takes a village to break the cycle of child abuse.**

This year, one of our primary projects in Intibucá involved taking a holistic approach to addressing the issue of violence against children, and especially girls. 110 parents took part in vulnerable conversations about gender norms and positive parenting, and 17 young men participated in workshops about positive masculinity.

A total of 160 children discussed safety and recognising abuse, and 81 community residents developed protection mechanisms for child safety and legal defence of children's rights. An additional 11 decision-makers strengthened their internal processes for handling violence against children and gender-based violence. Representatives from 17 municipal offices engaged in workshops about gender equality, children's rights and abuse.

## BREAKING THE SILENCE



**Many young people in Intibucá do not have sexual health education, and rates of teen pregnancy are high.**

This year, 128 parents boldly took part in workshops about sexual health education and honest conversation. In Intibucá, sexuality is often considered a taboo subject, shrouded in taboo and shame.

Mum Rina reports that learning more about sexual health and reproductive rights has made her feel more confident about speaking to her children openly about contraception and consent: "My children don't like to talk to me about their sexuality," she tells us, "but I'm becoming more confident about having these conversations." In addition to these conversations at home, 193 adolescent students took part in Plan International's sexual health education workshops.

"I can talk to my children about the prevention of teenage pregnancy and safe sex. We respect each other. They can make good decisions."

**- Rina (42) from Intibucá**



# 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 Intibucá.**

- 21% of expecting mothers in Intibucá are between 10 and 19 years old. With your support, we will focus on nurturing the leadership skills and continued educations of young girls and women.
- Gender-based violence remains high in Intibucá. Next year, we will continue to dialogue with community members of all ages to discuss equality and non-violent communication.
- Nearly 30% of young people in Honduras are neither employed nor in school. In 2024, we will help at-risk youth, including young mothers, return to school or receive vocational training.

**Thank you for your continued support.**



“Thank you for your commitment to education, youth leadership development and rights. Your support brings joy to the children of Intibucá.”

**Sohanny Salmeron**  
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



**52**

Teachers practised disaster preparedness

### JUNE



**243**

Participants joined School Emergency Committees

### OCTOBER



**122**

Young people celebrated International Day of the Girl

### NOVEMBER



**111**

Caregivers discussed child protection and equality