

# ANNUAL UPDATE

# HONDURAS

## LA PAZ



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

Here in La Paz, traditional folklore lives on. In this scenic region of Honduras, locals maintain traditions like lighting candles and having processions in the streets to celebrate religious holidays and romantic serenades.

Over the last year, Plan International's projects in La Paz have focused on nurturing the leadership skills of the community's next generation. Seven communities in La Paz and nearby Comayagua took part in honest discussions about teenage pregnancy, sexual health, gender equality and bodily autonomy.



**380**

Caregivers learned more about positive parenting



**393**

Students learned more about sexual health and rights

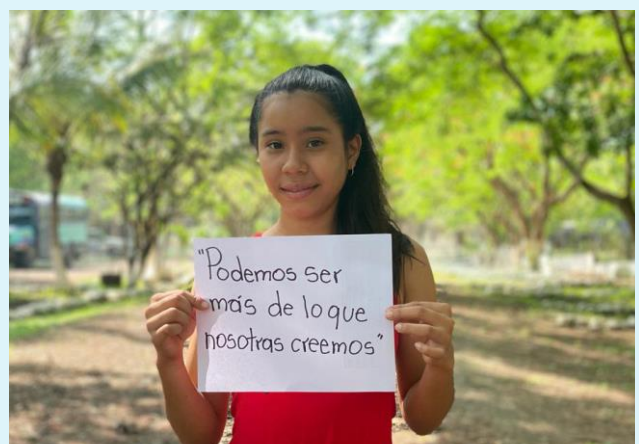


**729**

Girls received menstrual hygiene supplies

**“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 LA PAZ ARE HELPING CHILDREN THRIVE



Since 2022, our projects in La Paz have focused on children's education, safety and leadership skills.

## OVERCOMING OBSTACLES



**4,704 Sponsored Children** received school supplies.

In circumstances of poverty, crisis, and gender inequality, education can often take the back burner. Girl students are more likely than their male peers to drop out of school, and many students' parents struggle to afford their school supplies. Thanks to your help, we're working to extend a safety net to students in La Paz, and particularly girls, so that everyone has a fair chance to stay in school.

This year, leaders at 15 local education centres participated in training sessions about inclusion and adolescent health, while 23 schools received supplies - benefitting about 6,900 pupils. 16 preschools received toys, which will brighten the days of 480 young learners. Another seven schools have brand-new handwashing stations.



## YOU CAN COUNT ON ME



**This year, 380 caregivers** came together to discuss children's safety. Violence against children, as well as gender-based violence, remain a key concern in La Paz. Hundreds of mothers and fathers from five municipalities across La Paz came together to discuss positive parenting for children and adolescents, which – as one mum, Mariela, told us, helped her to understand her children better, as well as the risks they face in their community.

Local governments came together to support these families, implementing a new municipal council to protect the rights of children and young people. To strengthen young peoples' safety resources even further, 89 adults took part in community mechanisms for young people to report instances of violence.

“Plan International’s protective family methodology has helped me learn many things about my children, and I am more confident to make decisions at home.”

**- Mariela (35) from La Paz**



# 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 La Paz.**

- 25% of pregnant women in La Paz are under 19 years old. With your support, we will partner with local government to improve sexual health resources for adolescents in this region.
- 477 cases of violence against children were reported in La Paz in 2022. Next year, we will collaborate with local authorities to create stronger protection mechanisms for at-risk children.
- Child marriage remains a serious concern in La Paz. In 2024, we will work with caregivers to discuss girls' rights, including the importance of education.

**Thank you for your continued support.**



“2023 was full of challenges, but also many opportunities. With your help, girls and families have new knowledge and skills to make substantial changes in their lives.”

**Carlos Javier Duron**  
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



**APRIL**

**4.704**

Sponsored Children received school supplies



**MAY**

**270**

Students took part in sexual health education workshops



**JULY**

**7**

Handwashing stations were donated to local schools



**SEPTEMBER**

**36**

Teachers participated in adolescent health trainings

