

ANNUAL UPDATE

HONDURAS

CHOLUTECA



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

Welcome to historic Choluteca, Honduras! This warm region in southern Honduras is home to around 491,000 residents, many of whom rely on agriculture and livestock for their income. Less than 79% of eligible students are enrolled in school, and just 77% of those students make it to graduation. This year, we partnered with educators, parents and students to make schools safer and more accessible: thanks to your support, 240 young learners now know more about menstrual hygiene, family planning, contraception and the importance of education.



133

Community leaders devised emergency response plans



168

Parents discussed teen pregnancy prevention

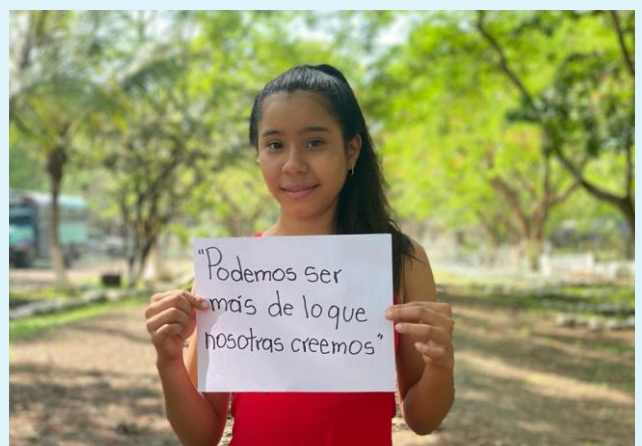


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Schools in Choluteca now have first aid kits

“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 CHOLUTECA ARE HELPING CHILDREN THRIVE



Teachers from 20 educational centres have been trained in child protection. More than 750 children in Choluteca will learn about safety and how to report incidents of violence.

YOU CAN COUNT ON ME



It takes a village to break cycles of physical and sexual abuse.

Plan International's "Generation Free of Violence" programme is part of a collaboration with local educators, parents and students to discuss gender inequality, child protection and reporting abuse.

Thanks to your support, 269 children in Choluteca this year performed plays, sang songs, painted murals and took part in school events about safety and how to report abuse. 117 local leaders of three communities teamed up to create protection mechanisms for children, communicating with municipal governments to make reporting abuse simple and reliable.

BUILDING RESILIENCE



The people of Choluteca are vulnerable to natural disasters caused by climate change. This year, our "Generation With Opportunities" programme focused on making schools stronger than ever. 30 teachers engaged with Plan International's risk management methodology, discussing disaster response and education access for all children.

Recognising that gender inequality can become even worse in crisis, 133 men and women held honest conversations about individual needs among men and women during emergencies, creating gender-inclusive risk management plans for disaster response. Five schools received "dignity kits", which include first aid and menstrual hygiene supplies, and 99 students practised emergency response drills.



"My community floods every year, and this project has taught me what to do and how to help my classmates."

- **Cristiel (10) from Choluteca**

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 Cholulteca.

- 407 girls under 19 years old in Cholulteca became mothers in the first four months of 2023. With your support, we will continue to facilitate community dialogues about sexual health and safety.
- Nearly 38% of young job-seekers in Cholulteca are unemployed. Next year, we will collaborate with young people, and especially women, to provide empowering entrepreneurship workshops.
- 23% of students drop out of school before graduation. In 2024, we will partner with caregivers in Cholulteca to discuss the importance of education, particularly for girls.

Thank you for your continued support.



“Thanks to your sponsorship, teachers from 20 schools have learned how to prevent child sexual abuse. Together, we made it possible.”

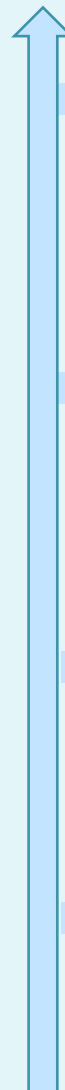
Juan Francisco Lopez Aguirre
Programme Area Manager

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



32

Teachers were trained in safety education for children

MAY



99

Students created school emergency response plans

AUGUST



298

Girls received menstrual hygiene kits

NOVEMBER



117

Local leaders formed community networks for child protection