

# ANNUAL UPDATE

# HONDURAS

## COPÁN



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

In late 2022, Copán was hit by heavy rains and Hurricane Julia in the fall. Since Copán is vulnerable to the impacts of climate change, we've been working with community members to build disaster resilience, creating emergency response plans to minimise harm if and when future storms occur.

This year, 101 men and women took part in School Emergency Committees, where they rehabilitated building structures and created risk maps to ensure that all students will be as safe as possible in the event of emergencies.



**134**

Community members created action plans for child safety



**20**

Teachers trained in comprehensive sexual health education

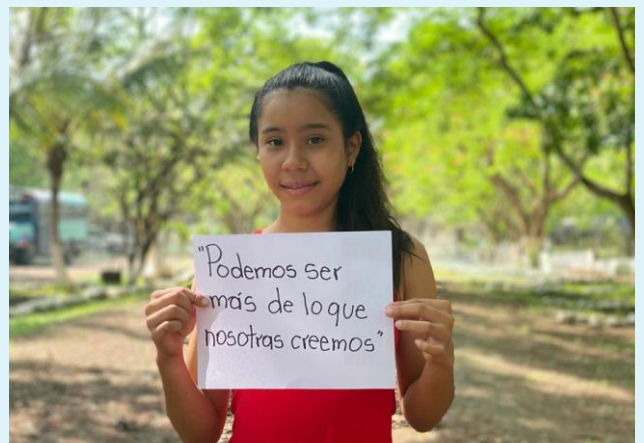


**6,813**

Students received personalized school 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:**

**“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 COPÁN ARE HELPING CHILDREN THRIVE



Thanks to your support, 75 caregivers in Copán participated in a week-long workshop about child health and safety.

## MY FUTURE IS BRIGHT



Since 2022, 1,345 children have come back to school.

Just 51% of young people in Copán are enrolled in school, and less than 39% of those students graduate. As part of our “Generation with Opportunities” programme, Plan International met with the Secretary of Youth and the Secretary of Women’s Affairs in Honduras.

Together, we established a structure of youth organisations, where young people learned life skills and envisioned possible career paths. “I learned how to take care of my body; to dream about my future,” says Milagros, a 19-year-old youth organisation member.

As a result of departmental partnerships, Plan has been able to open training spaces in technical trades and soft skills certified by the Instituto de Formación Profesional (INFOP), a state agency.



## YOU CAN COUNT ON ME



**Sponsored Children and families are now safer from violence.**

This year, 197 girls, 184 boys, 26 men and 41 women came together to discuss violence and safety in their communities. These open conversations led to concrete action, with important lessons in leadership: 66 girl students were then connected to local authorities, where they practised speaking up with confidence about gender-based violence and girls’ rights.

One participant, 14-year-old Katherinne, had a meeting with the Director of Education in her community. “It was very interesting to talk about the problems we girls have accessing education,” she recalls.

“I am so happy to represent the girls of my municipality. This is an experience I will never forget.”

- Katherinne (14) from Copán



# 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 Copán.

- Gang violence is on the rise in Copán. With your support, we will collaborate with community organisations to improve their resources and create action plans for child protection.
- Women and girls are particularly vulnerable to an uptick in violence. Next year, we will continue to work with community members of all ages to discuss equality and non-violence.
- Teen pregnancies remain high in Copán. In 2024, we will discuss gender-inclusive sexual health and rights with adolescents and young adults, as well as the importance of education.

Thank you for your continued support.



“Thanks to your support, children are learning about leadership. Community organisations are working with local government to prevent violence and early pregnancies.”

**Jose Israel Sarmiento Villeda**  
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



### MARCH



381

Children practised leadership through activism

### AUGUST



95

Youth were trained on participation and leadership

### OCTOBER



732

Community members celebrated girls’ rights

### DECEMBER



57

Young people joined local youth advocacy organisation