

# ANNUAL UPDATE

# HONDURAS

## SANTA BÁRBARA



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

Welcome to tropical Santa Bárbara! This region is home to the delicious donut festival and the hundred-year-old Anacahuite tree, along with around 490,000 men, women and children.

From floods and droughts to mudslides and hurricanes, Santa Bárbara is increasingly vulnerable to the effects of climate change. This year, after back-to-back storms shut down local schools, we partnered with 35 teachers from 12 different communities to improve disaster preparedness strategies.



**3**

Schools were fixed up with new classrooms and separate toilets



**206**

Girls received menstrual hygiene supplies

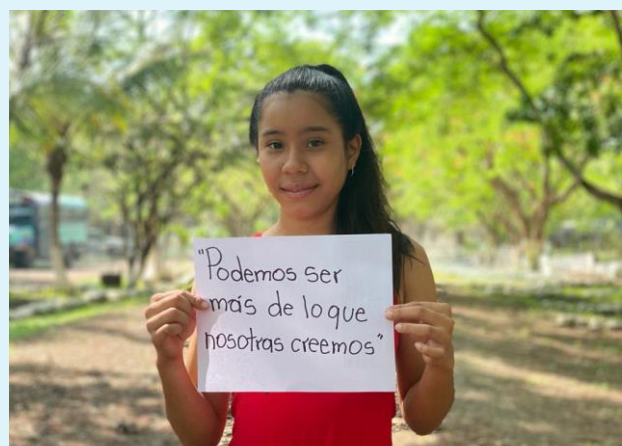


**71**

Parents discussed reducing teen pregnancy

**“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 SANTA BÁRBARA ARE HELPING CHILDREN



Thanks to your support, 1,080 students are learning in refurbished schools.

## BREAKING THE SILENCE



**204 young people learned about sexual health and rights.** While early pregnancies, STIs and gender-based violence in Honduras are high, discussing sexuality, including contraception, is often seen as taboo.

This year, our “Generation with Decision and Leadership” programme set out to break the silence. Eight community members became sexual health Community Counsellors, learning about how to support the health and safety of young people.

71 teachers and caregivers boldly took part in talks and games around communication and stopping teen pregnancies, and three health care clinics improved their resources to support adolescent health. 145 young women discussed menstrual health, while 173 girls and 31 boys discussed sexual health.

## STRONGER THAN EVER



**When fierce storms hit Santa Bárbara, local schools weren't prepared.**

As climate change intensifies, Santa Bárbara is increasingly vulnerable. In 2022, the region's Climate Risk Index increased from 11.5% to nearly 15%. After two hurricanes blew through Santa Bárbara, Plan partnered with 40 educators from three municipalities to craft disaster preparedness strategies, from psychological first aid to looking out for gender inclusivity during emergencies.

As a result, representatives from the municipalities drafted a proposal to the Secretary of Education. Teachers from 12 communities received emergency training and supply kits and prepared to teach the lessons in their districts.

“During COVID and the storms, Plan supported me and my family, helping us buy medicine when I was hospitalised.”

- Aschilyn (8) from Santa Bárbara



# 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 Santa Bárbara.**

- More than 46% of young people in Santa Bárbara are unemployed. With your support, we will create a mentorship programme, connecting young people to local entrepreneurs.
- 23% of teenage girls in Santa Bárbara are pregnant. Next year, we will work to empower girls and young women in Santa Bárbara, discussing their sexual health and rights.
- Between January and April 2023, there were 17,983 reports of domestic abuse in Honduras. In 2024, we will discuss non-violent communication and positive masculinities with parents.

**Thank you for your continued support.**



“Thank you for helping us to make a difference and contribute to the future of children in Santa Bárbara. Today, more children are healthier and receiving quality educations.”

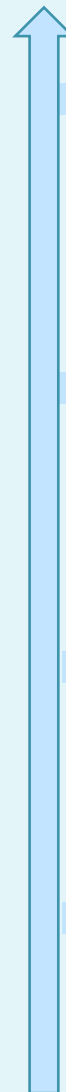
**Yasmin Medina**  
Programme Area Manager

## 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



**75**

Caregivers discussed non-violent parenting

### MARCH



**8**

Women became community counsellors on sexual rights

### OCTOBER



**92**

Young people celebrated girls’ rights and inclusion

### NOVEMBER



**40**

Teachers discussed gender-inclusive education