

ANNUAL UPDATE

PARAGUAY

PARAGUARÍ-GUAIRÁ



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

In the last year, more than 100 parents in rural Paraguarí-Guairá gained new skills in positive parenting. This will ensure their children grow up in violence-free environments.

Hundreds of young women and men are now advocates of gender equality in their communities. They have also learnt to take charge of their bodies through sexual and reproductive health education.



749

Youth improved their knowledge on reproductive health



3742

Students learnt about girls' rights and gender equality



80

Local authorities trained on how to prevent violence against children

“THE LEADERSHIP SCHOOL HAD A HUGE IMPACT ON US GIRLS. I GAINED SELF-ESTEEM, SECURITY AND CONFIDENCE.”

Adriana, 16-year-old Sponsored Child





NAME: LUZ NAYELI

AGE: 15

**DREAMS TO BE: A
DOCTOR**

“WE GIRLS CAN CHANGE THE WORLD IF WE PUT OUR MINDS TO IT. I SEE MYSELF AS A LEADER AND MOTIVATE MY FRIENDS BECAUSE TOGETHER WE CAN ACHIEVE MORE.”

MEET LUZ NAYELI

Like the child you sponsor, Luz Nayeli is taking steps toward achieving her goals.

Luz Nayeli is like many high school students – she enjoys listening to music in her spare time, and she helps around the house. She also dreams of going to university to study medicine.

Girls Can Succeed

Taking part in all the activities her school and community have to offer is how Luz Nayeli stays busy. She loves to be engaged and spend time with others.

But girls like Luz Nayeli often struggle against a patriarchal society that wants to keep girls in the house and out of decision-making spaces. Girls, especially those from marginalized groups, often feel discriminated against in their lives.

One of the groups Luz Nayeli has joined is the Leadership School, where girls and young women gain leadership and advocacy skills. Luz Nayeli has now built up her confidence and has learnt how to raise her voice for her rights.

Bright Futures

Along with other girls from her Leadership School, Luz Nayeli has taken part in take-over events to celebrate International Girls' Day. By taking over the role of politicians, business leaders and others for a day, girls show that they can achieve their goals.

Luz Nayeli is now recognised as a leader in her community. She encourages other girls to learn about their rights and gender equality, and to feel empowered to stand up and take charge of their futures.



Luz Nayeli at the Leadership School

OUR PROJECTS HERE ARE HELPING CHILDREN THRIVE



Girls and young women are empowered to raise their voices, advocate for equality and take charge of their futures thanks to new-found leadership skills

GIRLS LEADERSHIP



Paraguay has one of the lowest rates of women's participation in politics in the Americas. Gender discrimination persists, and girls and young women are often excluded from decision-making spaces.

In Paraguari-Guairá, 153 girls joined a Leadership School where they learnt about their rights, built their self-esteem and gained the confidence they need to raise their voices. To celebrate International Girls' Day, 20 girls took over leadership positions in public institutions and private companies for a day, proving that girls belong in positions of power.

An additional 57 young people took part in youth councils to strengthen their leadership skills. Over the course of six training sessions, youth learnt about values of democracy, and how to design and develop community projects focused on improving the lives of young people.



MY BODY, MY FUTURE

Around 20% of pregnancies in Paraguari-Guairá are among teenaged girls. Access to sexual and reproductive health care and education is limited. Early pregnancy is the third leading cause of death for girls aged 10 to 19.

To help both girls and boys make informed decisions about their bodies, 185 young people in youth clubs met with healthcare workers to learn more their sexual health. Training sessions also covered topics on self-esteem, forming healthy relationships and consent, and the use of contraceptives. 38 young men completed training as youth ambassadors to promote comprehensive sexuality education amongst their peers. These young men are now promoting the importance of gender equality in their communities.

"I learnt about healthy relationships, mutual respect and love. Relationships today are very toxic. I will try to influence my peers to do the right things."

- Eduardo (16) from Paraguari-Guairá



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 Paraguarí-Guairá.

- Child marriage rates continue to be high in Paraguay. We will advocate for girls' rights and raise awareness in communities on the harms of early marriage.
- Young people lack access to sexual and reproductive health care and education. We will ensure youth have the knowledge they need to take charge of their bodies and futures.
- Girls and boys regularly experience physical violence growing up. We will advocate for children's rights and provide training to parents on positive child-rearing practices.

Thank you for your continued support.



"Plan International is committed to making every effort and working with transparency and enthusiasm for the equality, protection and rights of children and adolescents."

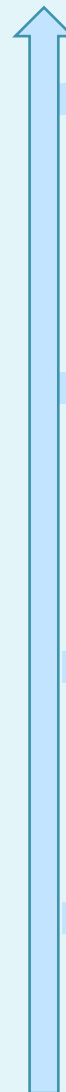
Domingo Gomez Cuyer
Programme Unit Manager

THE PLAN EFFECT



Your sponsorship commitment is turned into effective 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



JUNE



33

Young women can confidently use the internet and stay safe from online harrassment

APRIL



153

Girls took part in Leadership School, gaining confidence

MARCH



104

Mothers and fathers learnt positive parenting practices

JANUARY



320

Parents are able to support the sexual and reproductive health of their children