

# ANNUAL UPDATE

# PARAGUAY

## SAN PEDRO



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

In rural San Pedro, most families continue to earn a living through farming or raising cattle. Patriarchal norms persist, leaving children, and girls in particular, at risk of violence and abuse.

Over the last year, thousands of children, parents, teachers, and local officials took part in training sessions and community events focused on child protection. Girls and boys can now grow up in safer and more supportive environments.



**54**

Girls gained leadership skills



**121**

Schools engaged parents on supporting children in school



**3,396**

Community members learnt about child protection

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

Adriana, 16 year old Sponsored Child





**NAME: LUZ NAYELI**

**AGE: 15 YEARS OLD**

**DREAMS TO BE: DOCTOR**

**“WE GIRLS CAN CHANGE THE WORLD IF WE PUT OUR MINDS TO IT. I SEE MYSELF AS A LEADER WHO MOTIVATES MY FRIENDS AND 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 Achieve

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 home 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 IN SAN PEDRO ARE HELPING CHILDREN THRIVE



Mothers and fathers are able to give their children the best possible start in life thanks to positive parenting training

## SAFE CHILDHOOD



**More than half of the children in Paraguay experience physical violence while growing up.** Approximately 6 children are victims of sexual abuse every day.

To help ensure all children can grow up in safe and supportive homes, 450 parents took part in training sessions on positive parenting practices. Topics included children's rights and gender equality, and how to prevent violence in the home.

Through workshops, 415 teachers also learnt how to recognise and respond to cases of violence against children. This means more students now have a safe place at school to turn to for support. During Children's Week, more than 16,000 girls and boys took part in fun community events which also raised awareness on the right of children to live a life free from violence.

## MY BODY, MY FUTURE



**Around 20% of pregnancies in San Pedro are among teenaged girls.** Access to sexual and reproductive health care and education is limited. Early pregnancy is the third leading causing of death for girls aged 10 to 19.

To help both girls and boys make informed decisions about their bodies, 40 healthcare workers completed training on the sexual health needs of adolescents. These professionals are now able to support young people as they navigate their changing bodies.

In the last year, 254 young people in youth clubs met with healthcare workers to learn more their sexual health. They covered topics on self-esteem, forming healthy relationships and consent, and the use of contraceptives.

"Participating in the training talks opened my eyes, to realise myself, to look at my dreams and to achieve them with the help of my family."

- Sofia (16) from San Pedro



# YOUR SUPPORT MEANS BETTER FUTURES



**We know the best is yet to come, and together we will continue to work for a brighter future for the children in San Pedro.**

Child marriage rates continue to be high in Paraguay. We 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 work to 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 advocate for children's rights and provide training to parents on positive child-rearing practices.

**Thank you for your continued support.**



"Community work is exciting, it gives us the chance to see change in people's lives. Let's continue together to make this possible!"

**Marcelino Prieto**  
Programme Area Manager, San Pedro

## 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.

## IN THE LAST 12 MONTHS



**JULY**

**94**

School councils were established



**MAY**

**501**

Parents gained positive parenting skills



**OCTOBER**

**2,089**

Children took part in school councils



**DECEMBER**

**12**

Parents' clubs created to build supportive parenting network

