

# ANNUAL UPDATE

# BRAZIL

## TERESINA



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

Here in Teresina, the climate is usually hot and humid, with rainfalls that can be devastating. In severe cases, some families have lost their homes in the floods.

Women in Brazil are often at a disadvantage in the workplace. This year, Plan's efforts in this region concentrated on uplifting the ambitious girls and women of Teresina to become more confident leaders in their communities and defy restrictive gender stereotypes. We also worked with community members of all ages to combat gender-based violence.



**69**

Women are now part of our network for female entrepreneurs



**1,021**

Young people learnt about safety and their rights



**40,406**

People learnt about our Menstrual Dignity campaign

**“PLAN HAS CHANGED MY LIFE. TODAY, I CAN PLAY SPORTS AND TALK ABOUT MY RIGHTS.”**

- Kimberle, 15-year-old Sponsored Child





**NAME: ANGELA**

**AGE: 14**

**DREAMS TO BE: A FOOTBALLER**

**“PEOPLE USED TO TELL ME THAT FOOTBALL WASN'T FOR GIRLS, BUT THAT DIDN'T INTIMIDATE ME.”**

## Meet Angela

**Like the child you sponsor, Angela is taking steps towards achieving her goals.** Angela lives in a part of São Luís where most of her neighbours fall below the poverty line. Here, young girls have few safe spaces to talk about their ambitions.

## Empowerment Through Sports

Through playing football, Angela discovered a new talent – but not everyone in her community was supportive. Luckily, Angela is determined and fearless. As a participant in Plan's La League: Taking Teenage Pregnancy and Child Marriage Out of Play programme, Angela found a safe, supportive place to continue nurturing her ability on the field and beyond.

Our gender-inclusive approach brings together engaging, energetic sports activities and important lessons about adolescent health, girls' rights, assertive communication, and teenage pregnancy prevention. We also made sure that Angela and her teammates always have the equipment they need to continue defending their goals.

## My Future Is Bright

In the La League programme, we are also focused on encouraging young, passionate dreamers like Angela to build bright, successful futures. Confident Angela never needed our help to be a great football player, but today, she's continuing to play her favourite sport with the support of her community members, including those who used to discourage her and other young women from playing. Now, Angela plays football with her family and friends cheering her on from the touchlines.



*Angela practices football in São Luís.*

# OUR PROJECTS IN TERESINA ARE HELPING CHILDREN THRIVE



Our projects in Teresina are uplifting young women and girls.

## I AM INDEPENDENT



**32% of women in Brazil do not report domestic violence because they are financially dependent on their abuser.**

This year, Plan's Empower Her project focused on supporting the financial freedom of 35 at-risk women in Teresina through our mentorship programme.

Over the last twelve months, we have held 45 workshops about female empowerment and vocational skills. Our mentees discussed sensitive topics like self-esteem and relationships. They also learnt from one another about time management and resource planning. We passed the lessons along through five community events, where 113 Teresina residents learned from the Empower Her participants about female entrepreneurship. At the end of the programme, all of the participants received funding to support or begin their own small businesses.



## LEARNING TO LEAD



**Teen pregnancy, HIV infections, and child marriage are on the rise in Brazil.**

Our Girls' Leadership School is designed for ambitious young women between the ages of 13 and 19. From meetings with women in professional leadership positions to learning about menstrual dignity, this 10-month-long mentorship programme is designed to nurture the bright futures of the next generation of Teresina. This year, we had an incredible 73 participants in our Girls' Leadership School. From powerful conversations about race and ethnicity to encouraging political participation, our mentees continue to defy gender stereotypes and inspire others to do the same.

"The Girls' Leadership Day event was incredible: It was us, the girls from Teresina, who led the whole thing. It felt good to do something so important."

**- Lariely, 14-year-old Sponsored Child**



# 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 Teresina.

- In the last year, sexual violence against children has increased by nearly 70%. We will work with local institutions to strengthen their resources for supporting the safety of children.
- Women entrepreneurs are charged higher interest rates for business loans than men. We will continue to provide vocational training, childcare, and seed funding for ambitious young women.
- It takes a village to break a cycle of generational violence. We will work with young people in Teresina, and especially girls, to learn about their rights, safety, and the dangers of gender-based violence.

Thank you for your continued support.



“Thank you! Your contribution really makes a difference. Together, we can transform lives and create a better world.”

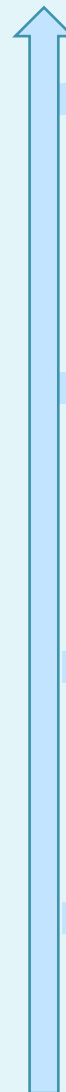
**Aline Barreto Xavier**  
Programme Area Manager

## 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



### FEBRUARY

1,061

Children learnt about safety, mindfulness, and equality



### MARCH

42

Teachers received training in child safety



### APRIL

35

Women received seed capital to start their own businesses



### MAY

391

Community members learnt about child protection

