

# ANNUAL UPDATE

# VIETNAM

## LAI CHAU



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

This past year, key projects focused on empowering children and young people with opportunities to learn, develop and grow. For example, families participated in reading and play activities to nurture and encourage their children’s growth. In addition, events, trainings and dialogues empowered youth and their parents to learn about, and prevent, violence against children. We worked with young women in Lai Chau to create their own income through our Economic empowerment programme.



**3,986**

children attended our Reading Festival



**7,134**

children attended events on cyber bullying



**2,325**

caregivers enhanced their skills through Parenting Groups

**“AFTER JOINING CHAMPIONS OF CHANGE, I WAS ABLE TO TAKE BETTER CARE OF MYSELF AND PROTECT MYSELF.”**

My, 13-year-old Sponsored Child





**NAME: HIEN**

**AGE: 13 YEARS OLD**

**DREAMS TO BE: A  
TEACHER**

**“WITH EFFORTS FROM MEMBERS OF CHAMPIONS OF CHANGE CLUBS, WE WILL BE ABLE TO KEEP OURSELVES PROTECTED FROM CYBER VIOLENCE.”**

## Meet Hien

**Like the child you sponsor, Hien is making steps towards achieving her goals and building a stronger future for herself.** Like many children in the mountainous countryside where she lives, Hien relies on her mobile phone to communicate and to expand her world. Online safety is key for Hien and members of her Champions of Change (CoC) club.

## Enhancing Knowledge of Cyber Safety

According to a survey conducted by Plan Vietnam, 46% of respondents reported experiencing cyber abuse. Hien knows this first-hand: An online friend texted to ask for a pre-paid phone card. Hien trusted the friend. Unfortunately, the friend's account was hacked and Hien never received the money.

Online protection is a priority for young people, enabling them to make use of technology while staying safe. A project focused on protecting youth from cyber bullying and violence began in 2021 with 30 Champions of Change (CoC) clubs. Hien is one of 90 members working on this project. Within three years, club members expect that over 13,500 youth will have gained knowledge and skills on cyber safety.

## Working Together to Make a Change

The club met regularly to discuss types of online abuse, and brainstormed how to prevent cyber bullying. The club's efforts made a big impact: Hien and her fellow CoC members won first prize at a “Prevention of harmful online interactions” competition. Their winning entry is a video about online cyber bullying developed by Hien and CoC members.

Today, Hien facilitates regular CoC club meetings at her school, and is organising an upcoming cyber safety event. Through her participation and leadership, Hien is helping to create lasting change for youth in her community.



*Hien is advocating for cyber safety*

# OUR PROJECTS IN LAI CHAU ARE HELPING CHILDREN THRIVE



## EMPOWERING PARENTS



**A lack of information and resources on early childhood stimulation and nurturing are a challenge for families in Lai Chau.** This year, families with children under ten years old were supported with services to help their children learn and grow. Parenting groups were the key focus for a range of project activities that put mothers and fathers at the centre of their children's care and development.

Groups of parents and children met monthly to read together, play and explore—empowering caregivers with the skills and resources to nurture their children's development.

More than 2,300 parents enhanced their skills through 78 Parenting Groups. Once a month, parents met to play with their children, using games, puzzles, and counting and matching with pictures. Parents also learned and discussed child rearing, childcare and development.

More than 1,000 children improved their Vietnamese language and developed foundational reading skills through the Playing and Reading groups and Reading Festivals facilitated by community volunteers and teachers.



## PROTECTING CHILDREN

**More than half of surveyed children experienced at least one form of violence, abuse or neglect.**

This year, 35 community leaders trained on gender-based violence and sexual abuse prevention. The participants gained essential skills for supporting children, then cascaded the knowledge to 210 peer teachers.

In addition, 22 events on preventing violence engaged 7,134 students and more than 1,000 teachers, parents, and educators. Students gained confidence thanks to counselling sessions on topics such as bullying, conflicts, and violence in schools. The theme of violence in schools was also raised with 3,263 parents, emphasising the important role of caregivers on shaping children's behaviour.

"I led the discussion on how to prevent violence and child abuse at school and in cyberspace. I was happy that my friends were active to speak their opinions. I believe girls who are empowered will certainly be successful women." - **Nhung (10) from Lai Chau**



# 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 Lai Chau.

- Approximately 25% of ethnic minority women aged 15-19 years old are married. We will continue to advocate for girls' education and rights through communication events on child marriage prevention at schools and villages.
- 90% of young people lack the opportunity to influence decision-makers. The Champions of Change model and Children's Councils will empower youth to advocate for their rights.
- Every child has the right to live free from violence. We will work to ensure children have better access to a safe and secure learning environment. Activities will include classes on gender-based violence and abuse prevention.

Thank you for your continued support.



"Your contribution is a great motivation to overcome difficulties and build a bright life for children, youth and people in the area. On behalf of them, I would like to express my gratitude."

**Nguyen The Hung**  
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



2,000

people benefited from 3 new community centres

APRIL



408

children are learning in 6 newly-built classrooms

SEPTEMBER



184

students were counselled on bullying prevention

DECEMBER



400

youth trained on household economic planning