

# ANNUAL UPDATE

# BANGLADESH

## NILPHAMARI



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

The COVID-19 pandemic forced many children to miss out on their school lessons in Nilphamari. But over the last year, thousands of girls and boys received learning materials and additional lessons, helping them stay in school and open the door to a brighter future.

And sexual and reproductive health and rights trainings are also reaching youth, parents, and health care workers, so young people can take charge of their bodies.



**280**

Teachers trained on gender-responsive early childhood play



**7,109**

Children received learning materials to stay in school



**1,632**

Young people learned about sexual and reproductive health

**“I FELT ASHAMED OF MY PERIOD. THEN I ATTENDED A TRAINING ON REPRODUCTIVE HEALTH AND LEARNED IT IS NORMAL.”**

Somapti, 14 years old





**NAME: SHAHIDA**

**AGE: 8**

**DREAMS TO BE:  
TEACHER**

**“I LEARNED THAT EDUCATION IS IMPORTANT FOR STANDING UP ON MY OWN. I WOULD LIKE TO BE A TEACHER, AND I AM CONFIDENT I WILL BE ABLE TO FULFIL MY DREAM.”**

## Meet Shahida

**Like the child you sponsor, Shahida is taking steps toward achieving her goals.**

Shahida lives in a remote village with her grandparents. She loves to cuddle with the baby goats in her village, and dreams of becoming a teacher one day.

## Learning With Others

Shahida's parents had to move to Dhaka to find work, taking her younger sister with them. While Shahida loves her grandparents, she misses the rest of her family. Her grandparents try their best, but Shahida is often left by herself while they are out working and she feels lonely.

But when Shahida joined Plan International's sponsorship programme, her world grew bigger. With her grandmother, Shahida took part in sessions on the importance of education. She started to attend the early childhood centre, learning and playing with young children in her community.

## Bright Future

Shahida loves taking part in the fun activities at the early childhood centre. And she's taking this passion for learning into the rest of her life. With the support of Plan's community volunteer, Shahida has new educational materials and a drive to continue her studies.

And Shahida is now surrounded with new friends. She enjoys writing letters to her sponsor and being with other children. Her grandparents are also more supportive and encouraging after learning positive parenting practices. Shahida is looking forward to her future and fulfilling her dreams.



*Shahida is focused on her studies*

# OUR PROJECTS IN NILPHAMARI ARE HELPING CHILDREN THRIVE



Girls and boys are catching up on their lessons with support at alternative education centres

## EDUCATION FOR ALL



**Fewer than 14% of children aged 3 to 5 receive early education in Nilphamari.** Without building a strong learning foundation in their early years, many children struggle when they enter formal school. And the COVID-19 pandemic interrupted education for children of all ages.

280 caregivers at early learning centres completed refresher training to improve their skills teaching young children. And 3,366 children are now learning and playing at these early learning centres in Nilphamari.

And to help older children catch up on their lessons, alternative education support centres have been created. 940 youth community volunteers are reaching 6,019 students with educational materials and extra lessons year-round.

## MY BODY, MY FUTURE



**In Nilphamari, cultural taboos around sexual health and menstruation** leave girls and boys without the knowledge they need to make informed decisions about their bodies.

There are now 108 youth groups in Nilphamari, reaching 1,632 young people with sessions on sexual and reproductive health. Topics included good menstrual hygiene practices, and the dangers of early marriage.

Parenting sessions also reached more than 1,000 mothers and fathers on how to support the reproductive health of their children. And 82 government healthcare professionals completed training on adolescent-friendly health services, ensuring youth can receive supportive care for their changing bodies.

“I became a member of the youth group and I learned about my reproductive health. I went to the government health centre and I now have regular periods.”

**Aporna (15) from Nilphamari**



# 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 Nilphamari.**

Only one in seven young children attend early childhood centres. We will support communities to create more early learning opportunities so all children can build a strong foundation for education in their early years.

We will also raise awareness of the importance of education for girls, and support students with additional learning materials and learning support so they can catch up on the lessons interrupted by the COVID-19 pandemic.

More than 50% of marriages in Bangladesh are among children under the age of 18. We will work with communities and parents on the harms caused by early and forced marriage.

**Thank you for your continued support.**



“Your contributions have helped to bring positive changes for children on sexual health and rights, and knowledge on nutrition, health, and hygiene.”

**Ashik Billah**  
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.

## IN THE LAST 12 MONTHS



**FEBRUARY**

**3,366**

Fathers trained on gender-responsive early learning



**JULY**

**100**

Girls trained on self defence



**AUGUST**

**940**

Youth volunteers trained on alternative education



**NOVEMBER**

**485**

Young people learned about entrepreneurship

