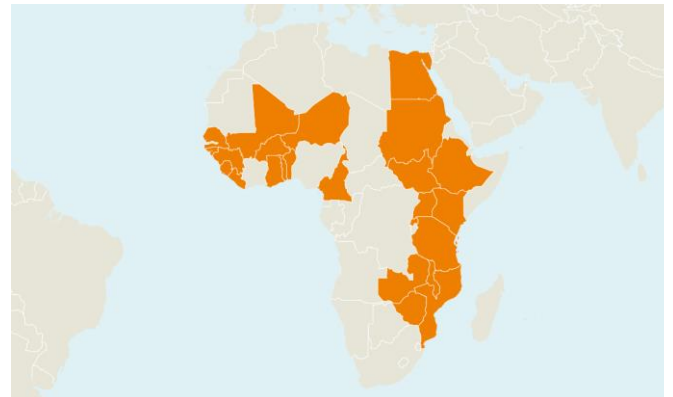


ANNUAL UPDATE

GHANA

SOUTHERN GHANA



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

This year, initiatives focused on creating an environment where children are free from violence and abuse. Adults and youth were empowered with resources and tools to establish safe communities. In addition, engaging students with quality education was key – and with new textbooks, computer labs, and classroom furniture, pupils enjoyed an inclusive learning environment.

Together, young people and their community are working toward a brighter future.



707

New desks made learning easier in 31 schools



87

District Child Protection committees received training



104

Families constructed safe household toilets

“THE CHILD DISTANCE LEARNING PROGRAM CONTINUES TO HELP ME EVEN AFTER COVID.”

Randa, 12-year-old Sponsored Child





NAME: COMFORT

AGE: 17 YEARS OLD

DREAMS TO BE: A DOCTOR

“I USED TO ASK FOR MONEY TO BUY PADS BECAUSE MY MOTHER COULD NOT AFFORD IT. I AM GRATEFUL TO PLAN FOR SUPPORT IN UPHOLDING MY DIGNITY.”

Meet Comfort

Like the child you sponsor, Comfort is taking steps towards achieving her goals and building a stronger future for herself.

Period poverty has a profound impact on girls; in fact, Comfort and girls like her often missed school because of a lack of menstrual supplies. Now, with access to a menstrual cup, Comfort is in school and planning her future as a doctor.

Living with period poverty

Comfort and her two brothers live with their mother and grandmother. Comfort's mother, a farmer who trades in the market, is the sole bread-winner. Money is scarce, and there are days when the family doesn't eat much.

Poverty takes a toll – and period poverty is especially challenging. Many girls face a critical barrier because of limited access to affordable, reliable menstrual hygiene products.

Menstrual hygiene is costly in Ghana: Over 35% of luxury taxes are charged on pads. Girls resort to unhygienic alternatives like rags, and often skip school for 3-4 days a month because they are unable to buy pads. Some girls exchange sex for money to enable them to buy pads and attend school.

Managing her menstrual health

Now, however, Comfort and other girls in her community can reliably attend school – even when they're menstruating. A menstrual cup is a reliable and long-lasting solution, and 2,000 menstrual cups were distributed to support girls in managing their menstrual health, and helping them stay in school. The post-project evaluation showed a successful 92% of usage.

Comfort says, “There were times I had to stay home because I didn't have any supply of pads to sustain me in school, but now with the menstrual cup, I am relieved of asking people for money to support my menstrual health.”



Now Comfort can focus on school – and her dreams

OUR PROJECTS IN SOUTHERN GHANA ARE HELPING CHILDREN



Children's club members now participate in activities like community meetings and the development of community plans.

IMPROVING SAFE SPACE



Keeping children safe is a key concern in Southern Ghana, where there are insufficient safety policies, resources and legislation. Girls and young women largely bear the toll, facing gender-based violence and abuse.

This year, initiatives focused on training community members and District Child Protection Committees, as well as empowering youth with resources on safety.

Children and adults received training in child protection, gender equality, volunteerism and children's clubs. Adults worked to address child abuse in their communities, and young people became aware of their rights and how to report abuse. District Child Protection Committee members attended training sessions to improve their knowledge of policies and tools, such as legal frameworks, and how to prevent sexual harassment, exploitation and abuse.

ACCESSING QUALITY EDUCATION

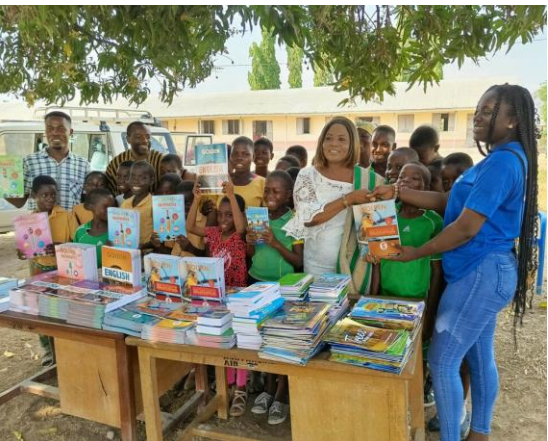


A lack of suitable classroom furniture, a shortage of learning materials, and poor school governance has an impact on pupils' ability to learn.

This year, more than 100 school management committee members from 12 communities trained in effective school governance. Teachers from three subject categories received in-service training, after which they continued to share strategies and techniques with each other. As a result, communication, teaching and student learning improved.

Textbooks, computer labs, and new classroom furniture provided students with the resources to learn – and reading challenges and academic competitions generated excitement and motivated students to do their best.

“We thank Plan for the books. We used to struggle over the few available books and this negatively affected our learning. We will take good care of the books so our brothers and sisters can use them after we move to the next class.” - **Marvellous (14) from Southern Ghana**



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 Southern Ghana.

- 60% of schools do not have sufficient learning materials. In the coming year, support for quality teaching and learning resources will continue to be a focus.
- Nearly 20% of children in Ghana experience severe physical punishment. This year, District Child Protection Committees will be strengthened to monitor and support community child protection structures.
- Many youth lack knowledge of sexual and reproductive health and rights; teenage pregnancy is above 14%. With Adolescent-Friendly Health Corners in targeted communities, youth can access accurate information and services.

Thank you for your continued support.



“Our sponsors enabled us to reach many children with interventions in education, health, sanitation and participation to improve their lives.”

Sulemana Gbana
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



JANUARY



1,234

Youth learned about sexual and reproductive health rights

MARCH



128

Teachers trained on gender-friendly methodology

APRIL



120

Youth trained in budget advocacy

DECEMBER



134

Children’s club leaders attended training sessions