

ANNUAL UPDATE

NEPAL

KARNALI



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

Karnali is a remote and ancient part of Nepal, with a history dating back to the 11th century. Here, community members are vulnerable to the effects of climate change, which has impacted local farming. This year, our projects in Karnali ranged from improving menstrual hygiene resources for students to raising awareness about child marriage and sexual health. 1,860 young people learned about leadership through our Champions of Change programme, and incidents of child marriage fell by 18% in the targeted areas.



1,023

children tutored in school subjects



9,565

adolescents trained in sexual and reproductive health and rights



67

children with disabilities connected with health care

“THANKS TO PLAN, I CAN EXPRESS MY VIEWS WITH ELDERS CONFIDENTLY.”

Nirmala, Sponsored Child





NAME: BIMU

AGE: 15

**DREAMS TO BE: A
LAWYER**

“PLAN’S CHAMPIONS OF CHANGE CLASSES TAUGHT ME HOW TO SPEAK UP FOR GIRLS LIKE ME ABOUT HOW WE ARE TREATED.”

Meet Bimu

Like the child you sponsor, Bimu is learning to become a leader in her community.

Bimu lives in a house made of mud and stone, where she helps her mother collect grass and farm after school. She dreams of going to university to study law, where she can fight against discrimination.

Know My Strength

In Bimu’s village, child marriage is common. As a result, many girls have to drop out of school at a young age. Plan’s nine-month long Champions of Change project offers a positive intervention to at-risk girls in Bimu’s community, raising awareness about girl’s rights, building self-esteem and confidence, and practising leadership.

Bimu was one of 25 girls involved in Champions of Change in her community. In addition to forming her own children’s club, where young people talk about social issues and organise advocacy projects, Bimu was also invited to speak before her community at an event hosted by her local government. “Hosting these events has built my confidence,” Bimu tells us. “People also know my strength.”

Learners to Leaders

When Bimu learned that a child marriage was supposed to take place in her community, she had to take action. Along with her fellow Champions of Change, Bimu contacted the local authorities to stop a marriage involving a 15-year-old girl. Complications arose along the way, but Bimu didn’t give up: she knew just how harmful child marriages can be for girls. Not everyone in her community might understand why she did what she did, but Bimu remains confident. “People might think of me negatively, but we did it for a good reason,” she says today. “They will realise how important it is later on.”



Bimu dreams of becoming a lawyer.

OUR PROJECTS IN KARNALI ARE HELPING CHILDREN THRIVE



Since beginning our project to discourage child marriage, incidences of these early unions have fallen by 25% in just two years.

SAFER TOGETHER



Girls in Karnali are at risk of early pregnancies as a result of child marriage. In addition to threatening the educations of young girls and women, child marriage can continue negative gender stereotypes and increase gender-based violence.

This year, we established Child Rights Committees in six communities around Karnali. These committees created funds to support at-risk children, which have benefitted 74 kids in the area. Because it takes a village to end child marriage, 451 caretakers took part in our positive parenting workshops, increasing honest communication about gender and sexism between teen girls and their parents. In total, 84 community discussions took place between teens, parents and community leaders to emphasise every girl's right to an education.

CHILD MARRIAGE STOPS HERE



In this part of Nepal, child marriage rates are as high as 45%. Nepal has the third-highest rate of child marriage in South Asia. When children – particularly girls – are married at a young age, they are likely to drop out of school: 40% of school dropouts in Karnali are due to child marriage, and the majority of children in Nepal (68%) say that they do not feel that their parents believe that boys and girls are equal.

Since 2020, 9,565 teenagers in Karnali have learned about sexual health and reproductive rights. 85 children that had dropped out of school have resumed their studies, and 1,397 children learned about gender equality and their rights.

“Now, we have access to safe drinking water and hand washing at school. Thank you, Plan International!”

- Sujata and Sarada (12 and 11) from Karnali



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 Karnali.

- 45% of girls and boys in Karnali are married before their 20th birthday. With your support, we will continue our efforts to keep young students in school.
- Human trafficking is a serious problem in Nepal. In the coming year, we will offer resources to survivors and at-risk children in this programme area.
- Teen pregnancy is higher in Karnali than in any other part of Nepal. We will increase interventions in sexual health education among young people in Karnali.

Thank you for your continued support.



“Your contribution has motivated us to make meaningful changes in the lives of children in Nepal. Young people now have more confidence to raise their voices against inequality.”

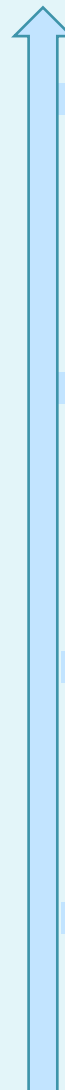
Mina Parajuli Regional Manager

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



JANUARY

816

educators trained in child protection policy



FEBRUARY

23

schools refurbish accessible, gender-safe restrooms



SEPTEMBER

1,397

Girls and boys trained in gender equality and rights



NOVEMBER

471

caregivers take part in positive parenting workshops

