

ANNUAL UPDATE

CAMBODIA

SIEM REAP



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

This year, parents learned positive parenting techniques, and how to protect children from abuse. Children learned about their right to a safe environment free from violence.

In addition, community participation in educational nutrition sessions, health screening and improved sanitation efforts made life healthier for children and families in Siem Reap. As a result, young people—and their families—have a brighter, more empowered future ahead.



3692

Children were screened for malnutrition



114

Sessions helped 2,298 adults learn about non-violent communication



15

Preschool teachers learned gender-responsive teaching methods

“MALNUTRITION IS STILL AN ISSUE. HOME GARDENING HAS HELPED ME AND MY FAMILY ACCESS FRESH VEGETABLES.”

Sokha, 10-year-old Sponsored Child





NAME: LITA

AGE: 17 YEARS OLD

DREAMS TO BE: A DOCTOR

“I SHARED MY EXPERIENCES AND SUPPORT OTHER GIRLS, WHO HAVE THE SAME CHALLENGES, TO CONTINUE THEIR STUDIES, NOT TO GIVE UP.”

Meet Lita

Like the child you sponsor, Lita is making steps towards her goal and achieving lasting change. Despite pressure to quit school and marry, Lita fought for her right to an education. Her inspiration is the 19-year-old Lek Karry, a Plan International Ambassador for Cambodia's Girls Get Equal Campaign.

The Pressure to Leave School

Lita faced enormous pressure to leave school and marry a boy in the village, as her older sister had. For years, Lita resisted her parents' entreaties; she felt blamed when she went to extra classes and sometimes, she didn't want to come home to listen to her parents. It was hard to explain the importance of her studies to them.

The Girls Lead project equips youth with training on empowerment and leadership, supporting young people with resources and connections to shape their lives. In 2021, Lita was selected as a children's club member and shared her challenges with others. They in turn shared her issues with the community committee for women and children, who spoke to Lita's parents about the importance of education. With this support, Lita's parents listened.

An Advocate for Education

Now, Lita attends secondary school with her parents' encouragement. She understands that her parents were worried about her future. And while she was angry with them, she feels this experience has made her even stronger. Lita wants to be a doctor so she can treat patients and her parents when they get sick.

During club meetings, Lita encourages other girls to dream big. She said the Girls Lead project had changed her life entirely. Through her advocacy, Lita will help create change in her community so other girls can pursue their educational dreams.



Lita encourages others

OUR PROJECTS IN SIEM REAP ARE HELPING CHILDREN THRIVE



Educational sessions strengthened the knowledge of community preschool teachers, empowering them with resources and information to help children learn and grow.

PROMOTING A HEALTHY START



A healthy life has its foundations in early childhood. Yet in Siem Reap, many children are malnourished, and 25% are stunted. Limited access to clean water and hygiene poses additional health challenges.

This year, however, girls and boys in Siem Reap are healthier, thanks to community participation in educational sessions, nutritional screening, and improved sanitation efforts. Through training sessions, 363 parents learned techniques for providing nurturing care to children under five, including early stimulation, nutrition and hygiene. More than 3,600 young children were screened for malnutrition, and supplementary food supported them as they recovered. In addition, 3,920 parents learned about nutrition for pregnant women and new mothers. Thanks to these resources, habits and behaviours have changed—benefiting children and their families.



BUILDING A SAFER COMMUNITY

More than half of all Cambodian children have experienced some form of physical violence before age 18, usually at home. Weak child protection services and legislation do little to address the violence.

This year, 2,298 parents learned about non-violence within families and how to practice positive parenting, and 213 parents trained on child protection reporting pathways. In addition, 80 educational training sessions increased awareness of violence against children—reaching 1,850 children and youth, as well as 300 parents. Now, young people and adults better understand child protection risks and behaviours. They are empowered to share their knowledge on child rights and protection with others in the community, and to care for the children in Siem Reap.

“I enjoy the training and actively participate in the activities of the club. I thank Plan International Cambodia for creating an environment where everyone can learn.” - **Chanreith (14), from Siem Reap**



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 Siem Reap.

- Many children are unaware of their rights. By continuing our training sessions, children and young people will learn about children's rights, child protection and the types of abuse and exploitation.
- Stunting among children under five is a main concern. We will continue to conduct health promotions and malnutrition screenings, and increase access to nutritious food.
- Just 50% of children enrol in lower secondary school. By promoting the importance of school and identifying and supporting at-risk children, we will empower young people to access their right to an education.

Thank you for your continued support.



"I would like to extend my gratitude to all sponsors who support the programmes of Plan International Cambodia to fulfil the rights of girls and boys in rural communities."

Bona Hang
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



MARCH

5129

Pupils benefited from School Learning Gardens



APRIL

11,538

People received counselling on child protection



MAY

1628

Preschoolers received learning materials



OCTOBER

240

People participated in the International Day of the Girl

