

ANNUAL UPDATE

CAMBODIA

RATANAKIRI



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

This year, communities benefited from cleaner, safer and more reliable water. The Water, Sanitation and Hygiene project improved access to a clean water supply, as well as sanitation and hygiene services in schools and health centres.

In addition, child and youth clubs became agents of change as they advocated for gender equality and child protection measures. As a result, young people—and their families—have a brighter, more empowered future ahead.



882

Students participated in Life Skills training



229

Teachers trained on inclusive teaching methods



962

Children screened for malnutrition

“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 taking steps toward achieving her goals. 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; 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. Last year, 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 RATANAKIRI ARE HELPING CHILDREN THRIVE



Girls and boys have access to child-friendly and inclusive water and sanitary facilities in their communities.

INVESTING IN SAFE WATER



Clean, safe water is vital. Yet in Ratanakiri, just 55% of the population have access to basic drinking water service, while only 49% of health care facilities have enough water year-round.

The Water, Sanitation and Hygiene project has considerably improved clean water supply, sanitation and hygiene services in the communities. Now, 3,696 households have access to basic sanitation and hygiene. Three new piped water systems provide 3,932 people with safe water. Pre-schools are also improved with child-friendly and inclusive water and sanitary facilities, including a handwashing station and water pumping system. In addition, three health centres have new sanitary facilities, including accessible latrines with menstrual health management services. Apart from promoting good health, improved access lessens the burden of women and girls in collecting and carrying water.

PROMOTING CHILD RIGHTS



Strengthening child protection in Ratanakiri is important. Early marriage, early pregnancy, child labour and violence are concerns.

To address these issues, child and youth clubs became agents of change—promoting child protection, sexual reproductive health and gender equality. Community leaders fulfilled their responsibilities to ensure child and youth clubs have access to their rights, while communities provided quality services and support to vulnerable children. Last year, 946 events such as peer-to-peer training drew over 4,000 participants. In addition, 1,708 community leaders learned about child protection and sexual and reproductive services. Together, these initiatives helped young people exercise their right to a safe, healthy childhood.

“I received trainings on the rights of children, gender, and more. It made me aware of children’s rights and gender equality. I am happy with the club activities and I feel confident to share my knowledge with friends and family.” - **Sovanny (17), from Ratanakiri**



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 Ratanakiri.

- Only 42% of the population have access to basic sanitary toilets. By expanding the water and sanitation project, we will continue to promote clean water and hygiene.
- Stunting among children under five is a main concern. We will continue to conduct health promotions, malnutrition screenings and increase the access to nutritious food.
- Just 50% of children graduate from secondary school. By raising awareness of the importance of education and identifying and supporting at-risk children, we will help young people exercise their right to an education.

Thank you for your continued support.



“Thank you for being part of our journey for the sake of children. We will make every effort to bring fullness of life to children.”

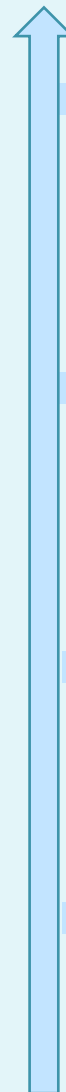
Bunthoeun Puth
Programme Unit Manager

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

1494

Parents learned about child development



AUGUST

1723

Parents learned positive parenting



OCTOBER

240

People participated in Girls Take Over



DECEMBER

24.982

People benefited from new water and sanitary facilities

