

Lofa Liberia

Positive changes are happening in Lofa. Learn more about how we're supporting children and girls' rights through our collaborative, equality-driven work.

In Lofa, patriarchal cultural practices and gender norms discriminate against young girls, women, and children with disabilities. Limited health facilities, and insufficient resources for sexual and reproductive health contribute to high dropout rates among children, particularly girls. These issues are exacerbated by forced child marriages, high teenage pregnancy rates, and sexual and gender-based violence, further restricting equal opportunities for girls and women.

In collaboration with the community, Plan promotes gender equality and child rights. We trained 21 female teachers in sexuality and menstrual hygiene and supported 20 peer educators and alumni from Plan's sponsorship programme to promote sexual and reproductive health and combat sexual and gender-based violence.

"I advocate for girls' and young people's rights and support awareness programmes, especially those focused on girls' education."
- Finda, 14-year-old Sponsored Child



Girl participating in Plan's gender equality programme.

Impact in Numbers

400

community members trained in female leadership

21

clinicians trained in youth friendly health services

62

educators trained in alternative learning spaces

Advocating for an Equal Future



NAME:

Juliet

AGE:

18 years old

DREAMS TO BE:

A Journalist



“Plan has inspired us as young girls to become leaders, advocate for women’s and girls’ rights, and overcome challenges to continue our education.”

Meet Juliet

Like many girls in Liberia, Juliet is optimistic about achieving her goals and building a strong future.

Juliet is an 18-year-old 11th-grade student in Bomi, Liberia. In her free time, she enjoys reading, writing, and meeting new friends. As an aspiring journalist, she advocates for equal rights for girls and women, believing they should have an equal voice in community decision-making in Bomi.

Challenges in Overcoming Gender Inequality

Gender discrimination, early child marriages, and limited health facilities and awareness about sexual and reproductive health rights result in restricted social, educational, and economic opportunities for children, especially young girls and women.

Due to a lack of information and educational opportunities, girls often struggle to engage in issues affecting them, such as reporting sexual abuse, exploitation, and violence. For Juliet, these issues are crucial. She believes that raising awareness among girls and women is essential so they can actively advocate for their rights in the community.

Empowering Young Women

Plan’s programmes support Juliet and other girls and women in overcoming community challenges. Through awareness campaigns, they have learned about teenage pregnancy, early marriage, sexual abuse, and the risks of peer pressure and low self-esteem, which affect their participation in public activities.

Inspired by these experiences, Juliet is now motivated to continue advocating for the rights of young women and girls.



Juliet leading an awareness campaign in her community.

We Currently Work With 8,000 Sponsored Children in Lofa

Projects That Support Lasting Change

Supporting Gender Equality

In Lofa, high rates of sexual violence, child marriages and other forms of gender-based violence have made life for young girls and women challenging.

Plan, in partnership with the community, launched a year-long project to enhance the skills of boys and men to support gender equality initiatives. This project involved working with girls' and youth clubs to raise awareness about sexual and reproductive health.

We set up and trained girls' clubs in 20 sponsored communities to challenge harmful gender norms from childhood through adulthood. We also expanded our work to include more men's and boys' clubs, encouraging them to embrace positive masculinity and support girls and young women in driving change.

As a result, girls and young women feel empowered to manage their health and safety, boosting their well-being and positively impacting their communities.



Young girls advocating for feminist leadership and girls' empowerment.

63

female mentors trained in reproductive health



Boys and girls participating in sexual and reproductive health and rights training.



Theresa advocates for children's rights in Lofa.

Supporting Children

In Lofa, rigid gender norms and cultural practices make it challenging for children, especially girls, to stay in school and limit their access to economic opportunities.

Plan teamed up with the community to ensure equal and inclusive education for vulnerable groups, including girls and children with disabilities, by creating safe, violence-free learning environments.

We trained 62 teachers on safety and child protection, including menstrual health and hygiene for girls. Additionally, 89 young women and 59 men were trained on sexual and gender-based violence, sexual and reproductive health, and child rights. These programmes helped lower gender-based violence in Lofa.

As a result, many women and young people, especially girls, have stepped up as leaders and are now actively involved in decision-making at various levels in the community.

"Thanks to Plan, we, as children and young girls, are being heard and are now more involved in decision-making within our communities."

- Theresa, 15, from Lofa

You're Supporting a More Equal Future



Children participating in Plan's training programmes.

Together, we're working to create a more just world.

Children and young people in Lofa are often not able to make informed decisions about their future. Next year, Plan will support access to safe spaces for children and young people, where they can improve their knowledge of sexual and reproductive health and rights.

In Lofa, vulnerable groups face barriers to inclusive education. Next year, we will support educators with gender-sensitive, learner-centred teaching methods to promote inclusive education.

Sexual and gender-based violence persists in Lofa. Next year, we will support girls and young women in leading campaigns against violence by strengthening their networking and advocacy skills.

Message from Plan Staff

"On behalf of the sponsorship teams in Lofa, we thank you for your support to our sponsorship programme quality over the years. Your contributions and support have been very helpful for Sponsored Children's families in Liberia."



Joseph T. Nyunkor,
Programme Unit
Manager, Lofa

The Plan Effect

Sponsored children are at the centre of everything we do, and they help plan our programmes based on what's important to them. Sponsors' donations are a gateway into a community. This helps build trust and credibility to attract even more funds from new sources. This makes more sustainable programmes possible in sponsorship communities. This powerful synergy is something we call The Plan Effect.

Progress in Numbers

50

young people
trained in project
management

20

teachers trained
in gender-
sensitive teaching

50

village savings
members trained
in finance

100

young people
trained in sexual
health