

## Mwanza

## Tanzania

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

In 2024, Cyclone Hidaya severely impacted Tanzania's coastal regions, causing widespread damage and casualties. In Mwanza, traditional gender norms and poverty severely affect children, especially girls and women, who face gender-based violence, early marriages, and limited education. Lack of access to menstrual hygiene management often causes girls to drop out of school, worsening their future educational and employment prospects.

In collaboration with the community and government, Plan aims to strengthen economic, educational, and hygiene facilities for children and young people, while also focusing on girls and women. We have trained 19 Village, Youth Saving and Loan Association members in menstrual health and hygiene management and supported three schools by developing their sanitation facilities.

**"After this program, I feel confident to address child marriages and teenage pregnancies and make informed decisions." - Minza, 15-year-old, Sponsored Child**



Elizabeth, 12-year-old, in her school environment.

### Impact in Numbers

**19** parents trained in menstrual hygiene management

**11** community workers trained in gender equality

**6** healthcare workers were trained in sexual health

# Breaking the Silence around Menstruation



**NAME:**

**Grace**

**AGE:**

**14 years old**

**DREAMS TO BE:**

**A Nurse**

**“I can now sew my own sanitary pads by using locally available products. I have also helped 13 fellow students sew their sanitary pads with local materials.”**



## Meet Grace

Grace, a 14-year-old in Standard Seven, is passionate about science and loves to spend her free time singing gospel songs and hanging out with friends. She lives with her parents and siblings in a small house made of burnt blocks with a metal roof, which has three bedrooms. Her parents are dedicated livestock farmers, raising cows and goats for food and sale. Inspired by her desire to make a difference, Grace dreams of becoming a nurse and hopes to positively impact both her family and community.

## Lack of Awareness about Menstrual Health

In Tanzania, limited information about menstrual health leaves young girls ill-prepared to manage their menstruation and hygiene. Additionally, traditional gender norms have fostered discriminatory attitudes towards menstruation, making it difficult for many girls to discuss menstrual health and hygiene issues with their families.

To avoid embarrassment and inconvenience, Grace has had to miss school during her menstruation days, resulting in poor attendance and performance in her class.

## Breaking Barriers

To support girls' education in a safe environment, Plan has launched menstrual health and hygiene workshops in schools and communities. Grace has learned about menstrual hygiene management, the science of menstruation, and how to make and use reusable sanitary pads.

These workshops have empowered her and her classmates to confidently address menstrual health, helping to break the silence and reduce cultural stigma in their community.



Girls making reusable sanitary pads in schools.

**We Work With 3,950 Sponsored Children in Mwanza**



# Projects That Support Lasting Change

## Menstrual Support

**In Mwanza, limited menstrual health management and sanitation facilities, coupled with traditional practices and poverty, contribute to societal discrimination against women.**

Plan, in collaboration with the community and government, is raising awareness about menstrual health. Through our initiatives, 54 participants - 31 females and 23 males - have learned how to prepare and make reusable sanitary pads. Each participant received a self-made pad and a kit for peer education, which includes patterns, scissors, needles, and thread.

We have collaborated with health service providers, training them on sexual health and reproductive rights for young people. This training emphasises the importance of respecting adolescents' rights to information, education, privacy, and confidentiality, and of delivering health services in a respectful, non-judgmental, and non-discriminatory manner.



A training on reusable pads making.

# 75

**teachers trained in sexuality education for young people**



Youth Loan and Savings group members in a meeting session.



Kulva, 24-year-old, from Mwanza.

## Empowering Girls

**Due to deeply rooted gender norms and expectations that promote bias in society, women and young girls have limited access to resources compared to men.**

To empower young people, especially women aged 10-24, both economically and socially, Plan has supported the development of a diverse range of educational and hygiene facilities.

Through our initiatives, Plan has trained 734 members, including 386 women and 348 men, across 60 protection desks on child protection, the prevention of gender-based violence, and the use of suggestion boxes. As a result, there is increased confidence in reporting child abuse.

Around 50 Youth Loan and Savings groups (YSLA), involving 846 young people, have been formed and trained in gender, business management, saving, entrepreneurship, and digitisation.

**“After my training, my business has started growing and I plan to renovate my office and, hopefully, open another branch in a different ward.” - Kulva, 24-year-old, from Mwanza**

# You're Supporting a More Equal Future



Lucia, from Mwanza.

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

In Mwanza, 80% of young people lack access to sexual health and reproductive rights. Together with healthcare providers, Plan will raise awareness about these rights among parents of adolescents.

In Mwanza, women and young people face severe poverty and limited career prospects. Next year, Plan will strengthen employment opportunities for youth and families by building entrepreneurship skills and supporting business growth.

Severe poverty in Mwanza restricts families' access to resources for starting businesses. Plan will work to enhance financial services for families through our savings and loans program.

## Message from Plan Staff

"Last year, we achieved a range of successes in supporting children and young people to live in a community where they are valued and respected. Your generous support made it possible for us to expand our reach to two more new wards and reach more children."



Majani  
Rwambali,  
Programme Area  
Manager,  
Mwanza.

## 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

62

parents trained in  
parenting  
education

66

social workers  
trained in child  
protection

74

youth trained as  
menstrual health  
facilitators

204

women trained in  
poultry farming