

Geita Tanzania

Positive changes are happening in Geita. 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 addition, women in Geita face challenges due to limited socio-economic opportunities, with traditional practices like female genital mutilation and early forced marriages undermining their independence and access to education, health services, and reproductive health information. Poverty also contributes to high youth unemployment.

To address these issues, Plan, in collaboration with the government and community, is empowering women through educational and social initiatives. We supported 300 out-of-school girls with uniforms, books, sanitary pads, and backpacks for non-formal education, and trained 168 men and boys on reducing harmful gender practices and promoting gender equality.

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



Happy girls outside their school.

Impact in Numbers

121

**youth with disabilities
joined Stay in School
activities**

1,168

**youth council
members trained in
gender equality**

944

**women were trained
in sexual health and
child rights**

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 8,363 Sponsored Children in Geita

Projects That Support Lasting Change

Keeping Girls in School

In Geita, poverty and gender-discriminatory practices have restricted girls' access to education. To address this, Plan has partnered with the government and schools to ensure girls receive education in a safe and equitable environment at both primary and secondary levels.

As part of our initiative, 13,159 young girls and boys were trained in menstrual hygiene through Plan's Menstrual Hygiene Lab. These trainings cover menstrual hygiene, debunking myths, and discussing the roles of adolescents, parents, leaders, and community members in ensuring menstrual health from the family to the community level. These sessions help prevent school absences due to menstruation-related embarrassment or shame.

Additionally, 552 local leaders participated in dialogue sessions to mobilise support for girls' education and raise awareness about sexual health, reproductive rights, early forced marriages, and gender-based violence.



Anita received a bicycle as part of Plan's initiative.

3,000

**female students received
sanitary pads in schools**



Awareness meeting for men and boys' champions to sensitize the community about protection from violence.



Jackline, 16-year-old, from Geita.

Protecting Girls

In Geita, traditional practices such as early forced child marriages and female genital mutilation have severely impacted young girls and women.

Plan, in collaboration with the government and community, aims to raise awareness about these issues and empower girls and young women to make informed decisions about their sexual and reproductive health and rights.

Through this initiative, we have trained 170 peer educators and 122 teachers to deliver life skills and sexual health sessions for children, adolescents, and youth both in and out of school. 11 youth-friendly spaces have also been established and equipped in health facilities across Geita, featuring examination beds, medical screens, curtains, tables, chairs information and communication materials, televisions, and registers to ensure accessible, youth-friendly services.

"Through the sessions, I gained the confidence to say no to early marriage after a man tried to convince me to drop out of school for marriage." - Jackline, 16-year-old, from Geita

You're Supporting a More Equal Future



Children reading news books in class.

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

In Geita, 56% of children face child labor. Next year, Plan will collaborate with the government to establish child rights clubs and school gender desks to prevent violence against children.

Gender bias and financial constraints have harmed girls' education. Plan will work with schools and the government to offer quality, gender-responsive education and improved menstrual hygiene facilities.

Severe poverty in Geita limits families' access to the financial resources needed to start businesses. Plan aim to support families in our savings and loans program by offering additional financial services, including opening bank accounts.

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, Geita.

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

480

female players
participated in a
football league

69

government
officials trained in
child protection

900

girls supported
with scholastic
materials

105

women and men
were trained in
childcare