

## East Central Uganda

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

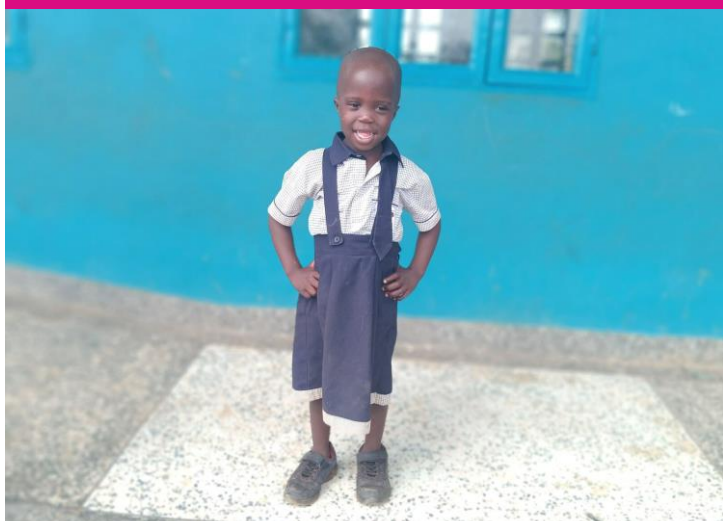
In East Central, the lack of youth-friendly, gender-sensitive facilities and harmful practices, such as early child marriages, have negatively impacted vulnerable communities, especially young girls, contributing to a high rate of teenage pregnancies. Moreover, insufficient academic resources and inadequate school facilities impact school attendance and future educational and career prospects.

In collaboration with the community, Plan conducted 25 health outreaches that reached 4,109 people, enhancing knowledge of sexual and reproductive health and family planning. Additionally, 120 teachers were trained to provide psychosocial support, creating a safer school environment.



Girls attending a class in school in East Central.

**"I enjoy playing games like hide and seek, and I love learning new things at the centre."**  
-Anne, 5, Sponsored Child.



### Impact in Numbers

**287**

**girls participated in teen mother groups**

**36**

**journalists trained in profiling violence cases**

**8,286**

**women participated in Advocacy Events**

# Education Opening Up Doors



**NAME:**

**Pretty**

**AGE:**

**12 years old**

**DREAMS TO BE:**

**A Nurse**

**“I used to feel bad about missing school but with the books from Plan, I am hopeful I can get good grades and achieve my dream of becoming a nurse.”**



## Meet Pretty

Pretty is a 12-year-old in grade four who lives with her parents and siblings in West Nile. She dreams of becoming a nurse and is dedicated to her education. When she is not studying, she enjoys playing dodgeball and helping her family with chores around the house. Her parents are peasant farmers who grow cassava, maize, and groundnuts, and they also raise goats, sheep, and cows.

## Obstacles to Attending School

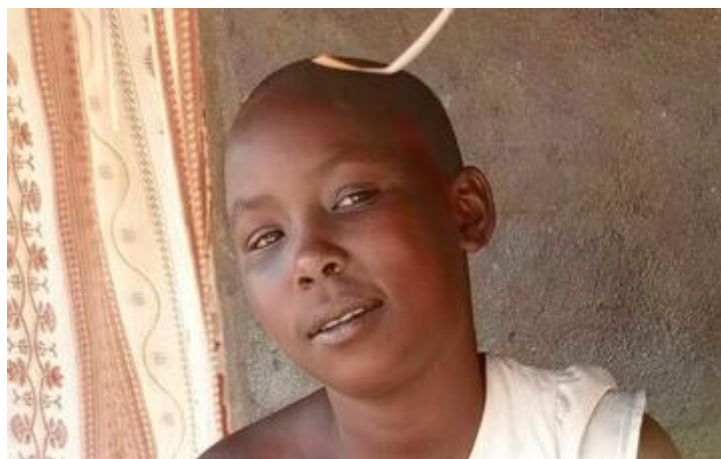
Pretty's family relies on peasant farming, but climate change has caused erratic rainfall, leading to poor harvests, and impacting their income. This makes it difficult for them to support her education and buy essential school supplies.

This financial strain has affected Pretty's school attendance, reading and writing abilities, and self-esteem. She faced difficulties in class due to a lack of books needed for her schoolwork, which impacts her overall performance.

## Supporting Pretty's Education

Plan supports families to afford school by enhancing food security and income through drought-resistant crops and poultry training. This support helps improve school attendance by providing essential materials, allowing Pretty to focus on her studies and socialise.

Inspired by Plan's campaigns and local role models, her parents now value education more and are saving to support Pretty and her siblings, boosting her self-esteem and class performance.



Pretty, 12, talking about Plan's support for her education.

**We Work With 10,520 Sponsored Children in East Central**

# Projects That Support Lasting Change

## Starting a Healthy Life

**In East Central, early and forced informal marriages to older men, combined with limited awareness of modern family planning, have significantly harmed the sexual and reproductive health of young girls and women.**

In collaboration with the community, Plan raised awareness about sexual and reproductive health and rights for young people with a focus on girls and women. Our initiatives supported 40 families from Plan's Sponsorship Community in the Kamuli district with emergency care and health services, including free medical services and essential menstrual hygiene products such as sanitary pads and hygiene kits.

Additionally, 12 groups of teenage mothers were formed with the aim of raising awareness about family planning services and gender-based violence. These groups focus on preventing early pregnancies and identifying risks and dangers associated with violence.



Ruth, making a sanitary pad during one of the teen mothers mentorship sessions.

# 534

**young people accessed  
inclusive health services**



Young people in a group photo during a match promoting gender equality in schools.

## Supporting Education

**Peer pressure, a lack of gender-sensitive facilities, and limited access to comprehensive academic resources can create an unfriendly environment, leading to many children dropping out of school.**

Plan collaborates with schools and families to strengthen educational systems in East Central by improving access to gender-sensitive facilities, with a special emphasis on supporting young girls from vulnerable and refugee communities.

Our back-to-school and enrolment campaigns in Kamuli and Buyende districts reached 9,845 young people. These campaigns were conducted by Baba Clubs and community development officers (CDOs) through dialogues held at the village level. As a result of these community sessions, school enrolment rates in the districts increased.



Noah, 43, Headmaster of Kakumba Primary School.

**“Through the Rising Project, we now have more classrooms and desks, and parents are committed to sending their children to school next term.”**

Noah, 43, from East Central

# You're Supporting a More Equal Future



Sara is part of Plan's Sponsorship Programme in East Central.

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

In East Central, 34% of young girls are married before the age of 18. Next year, Plan will collaborate with the community to advocate for youth-friendly sexual and reproductive health and rights services.

In East Central, 43% of children do not have access to early childhood care and development programmes. Next year, we will collaborate with the community to support interactive, and inclusive, initiatives for young children.

The low availability and use of contraceptives has led to a high rate of teenage pregnancies. Next year, Plan will support health services in developing comprehensive family planning and newborn care services.

## Message from Plan Staff

"With your support, we have collaborated with our community and district governments to launch campaigns against child marriage and teenage pregnancies and improve learning environments in schools. We will continue to work with the community to increase participation from children and their families."



Isaac Obong,  
Programme Area  
Manager, East  
Central

## 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

23

**Back-to-School  
Campaigns held**

16,162

**women  
participated in  
health outreaches**

13

**health centres  
supported with  
medical tools**

3,550

**people joined  
gender equality  
discussions**