

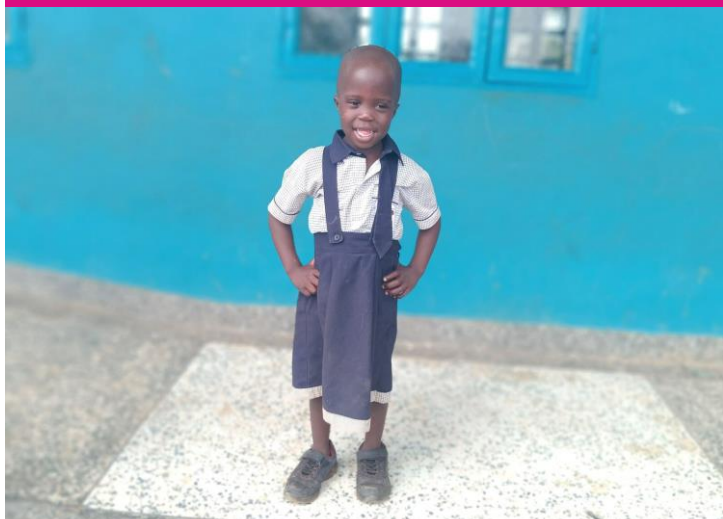
## Northern Uganda

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

In Northern, girls face added challenges due to a lack of gender-inclusive facilities, limited menstrual health management, insufficient sexual and reproductive health education, and weak family planning resources. These issues, along with early or forced child marriages, negatively affect their health, economic stability, and social development.

In collaboration with the community and government, Plan trained 17 peer educators to facilitate adolescent sexual and reproductive health sessions in their communities. Additionally, 291 community members—including cultural leaders, religious leaders, local council leaders, sub-county officials, and opinion leaders—participated in community-based discussions and awareness sessions on child marriage and negative cultural practices, and their effects on girls' education.

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



Children participating in extracurricular activities.

### Impact in Numbers

**89**

**fathers trained in  
child and family  
care**

**161**

**teachers trained in  
child-friendly,  
inclusive education**

**3,802**

**students supported  
with academic  
materials**

# 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

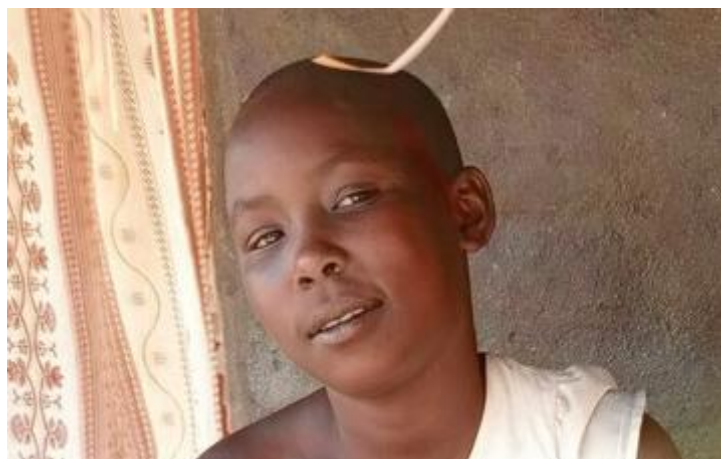
Pretty's family relies on peasant farming, but climate change has caused erratic rainfall, leading to poor harvests, and impacting their income. This makes it difficult for them to support her education and buy essential school supplies.

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 9,903 Sponsored Children in Northern**



# Projects That Support Lasting Change

## Staying Safe and Healthy

Climate change, harmful cultural practices like early and forced child marriages, and limited awareness of sexual and reproductive health have impacted vulnerable communities, especially young girls and women in Northern.

In collaboration with the community, including civil society, law enforcers and social workers, Plan raised awareness about sexual and reproductive health, rights, and services, including family planning.

As a result, 24 integrated community health outreaches were conducted with 953 children and young people including 153 boys and 800 girls aged 13-17 who were trained in sexual and reproductive health and rights.

We supported 24 young mothers with information on menstrual hygiene, family planning, and sexual health, boosting their confidence and helping them recognise the risks of gender-based and sexual violence.



Children undergoing medical screening during a health camp in Northern.

# 1,055

**youth trained in HIV testing and counseling services**



Students in a classroom furnished with desks, as part of Plan's Rising Project.

## Supporting Education

Limited gender-inclusive facilities, such as menstrual hygiene management resources for girls, combined with poor educational materials and teacher training, have restricted children's access to quality education in Northern.

Plan collaborates with schools and the government to create safe, inclusive, gender-sensitive, and high-quality learning environments for children. As part of these efforts, we worked with 720 students from 23 schools to teach them how to make reusable sanitary pads from locally available materials, helping ensure that girls could stay in school during their menstruation.

To support students in extracurricular activities, we offered workshops to build communication skills and confidence. A total of 690 students, including 460 girls and 230 boys from the Girls Education Movement (GEM) Clubs, participated to enhance their self-confidence and communication skills.



Maliam, 15 years old, in her school in Northern.

**"I learned about menstrual hygiene and communication. Now I feel even more determined to pursue my dream of becoming an accountant."**

Maliam, 15, from Northern

# You're Supporting a More Equal Future



Brian is part of Plan's Sponsorship Programme in Northern.

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

In Northern, many children face barriers to primary education due to limited facilities. Next year, Plan will work with the community to create a more inclusive and gender-sensitive learning environment.

In Uganda, 25% of young girls give birth before 18. Next year, Plan will collaborate with the community to raise awareness about sexual and reproductive health.

Limited access to family planning and early child marriages can have a negative impact on young girls' health. Next year, we will strengthen family planning services and promote dialogue on gender-based violence and positive masculinity.

## Message from Plan Staff

"Thanks to your support, we have been able to organise a health camp to provide medical care to children, and our educational programmes have helped increase school attendance. These programmes have significantly improved the lives of children in vulnerable communities, paving the way for a brighter future for them."



Asio Zaituna,  
Programme Area  
Manager,  
Northern

## 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

**7** gender-inclusive  
classroom blocks  
developed

**705** 3-seater desks  
provided to  
schools

**207** educators trained  
in psychosocial  
support

**11** latrines built with  
gender-inclusive  
facilities