

Lempira Honduras

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

This past year, key projects fostered skills and strengthened resources so young people and families can plan for a brighter future.

For example, the Generation with Opportunities project empowers youth with tools and skills to prepare them for the labour market—enabling them to access quality employment or establish their own businesses.

In addition, the Violence-Free Generation programme is supporting protection organisations to defend the rights of children and women.

With improved access to leadership opportunities, information and resources, the Lempira community is working towards a more equitable future.



Youth access comprehensive sexuality education.

"Undoubtedly the Taking Office event has been one of the best experiences of my life that I will treasure in my heart." —Karla (11)



Impact in Figures

4,924

people participated in educational theatre

2,013

children benefitted from a new library

11,013

children attended reading practice sessions

Developing Skills to Succeed



NAME:

Marta Lidia

AGE:

17 years old

DREAMS TO BE:

A business owner

"I realise that yes, I am capable of achieving many goals that I set for myself and I can decide about my future."



Meet Marta Lidia

Like many children in Honduras, Marta Lidia is making steps to achieving her goals and building a stronger future for herself.

Marta, 17, lives with her parents. Her father is a farmer and her mother cares for the home. Marta dreams of starting her own business and challenging gender stereotypes in her family and community. She wants to improve her quality of life and create employment for other young women.

As a leader, Marta is engaged in her community. She taught literacy to adults through a government project, which then encouraged her to continue training in a variety of subjects. She is currently part of Plan's Generation with Opportunities project, where she attended vocational courses. She has just completed an entrepreneurship programme.

Challenging Harmful Cultural Expectations

Rates of early pregnancy are high in Marta's community. Many girls get married at an early age and leave school. Early marriage and pregnancy have an effect on girls' health and limit future opportunities as they become dependent on their partners.

Preparing to Achieve Her Dreams

Through the Generation with Opportunities programme, Marta is developing skills to help her achieve her dreams. She has a business plan and will soon have the chance to earn seed capital and start her business. Her achievements are an inspiration.

Marta wants others to succeed, too. She says: "I would like these important opportunities to be given to other girls in my community, so they can also learn, make decisions and make changes that will improve their lives and the lives of their families."



Marta's accomplishments are inspiring other pupils.

We Work With 5,171 Sponsored Children in Lempira

Projects That Support Lasting Change

Skills to Succeed

Young people are accessing resources in order to improve educational and employment opportunities.

The Generation With Opportunities project empowers adolescents and young people, particularly women, with the tools and resources to access and complete their education. It prepares young people with life skills to better enter the labour market.

Teachers trained in social and life skills had the opportunity to cascade their knowledge to students. Students gained marketable skills, including entrepreneurship. Participant Angie says, “We are learning about trades, this is the way we can create ideas that generate income, it is an option for the community and our families.”

In addition, 53 parents participated in a training day on family economics and the impact of gender stereotypes on family relationships.



80 young people graduated from entrepreneurship training.

178

young people learnt social and life skills



Young people strengthen their knowledge of health and rights.



Naomi dreams of being an agricultural microbiologist.

Safer Communities

The Violence-Free Generation programme is helping address the rise in violence against women and children.

Several conditions have exacerbated rates of violence in Lempira: Climate disaster, displaced populations, and dengue epidemics.

This year, the Violence-Free Generation project is making changes by training and providing tools to community-based organisations. These organisations are defending children's rights, generating children's leadership and empowerment and managing the referral of violations. Through this, 76 children accessed psychological support, learnt about their rights, and gained life skills and self-esteem.

In addition, hundreds of families participated in the "Protective Families and Communities" project to address discriminatory cultural practices and learn positive parenting.

“I have felt like an empowered girl and capable of everything, that has helped me to strengthen my skills and my potential and my personal knowledge.”

—Naomi (14)

You're Supporting a More Equal Future



Thousands of children participated in reading clubs.

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

Rural youth face challenges entering the labour market. The Generation With Opportunities programme will continue providing life skills training, and helping youth access employment and entrepreneurship opportunities.

Youth will learn about sexual and reproductive health and rights through the Generation With Decision and Leadership project. We will coordinate with education and health organisations, and engage parents and community leaders.

The Violence-Free Generation project will continue providing resources on violence prevention and strengthening community protection.

Message from Plan Staff

"Thanks to your sponsorship, we have been able to transform the lives of many children, who have become agents of change in their communities, supporting other children to break the barriers of inequality."



Aldo Benjamín Guillen,
Programme Area
Manager,
Lempira

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

72

teachers trained
in violence
prevention

171

girls provided with
menstrual
hygiene kits

200

families learnt
positive parenting

1,969

children
participated in
library activities