

La Paz

Honduras

Positive changes are happening in La Paz. 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 prepares youth for the labour market and provides opportunities with local employers. Through this programme, young people are better able to access quality jobs or establish their own businesses.

In addition, the Generation with Decision and Leadership project empowers young people with information and resources on their sexual and reproductive health and rights. Girls received menstrual hygiene kits and learned how to manage their menstrual health. Young people are now better able to make decisions about their bodies, their sexuality and their futures.

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



La Paz has a young population: 32% are under 18.

Impact in Figures

4,469

children received educational kits

121

teachers trained on violence prevention and gender equality

943

youth attended a risk prevention fair

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.

Seventeen-year-old Marta 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's currently part of Plan's Generation with Opportunities project, where she attended vocational courses. She's 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 pregnancy and marriage 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 4,469 Sponsored Children in La Paz

Projects That Support Lasting Change

Breaking Down Taboos

To address the high rates of early pregnancy, the Generation with Decision and Leadership project provides information and resources to educators, health professionals and young people.

This year, the programme trained 53 teachers on pregnancy prevention methodology—this will be replicated in schools with students and parents. In addition, two training processes were developed for teachers and health care providers, where they learned methodologies to work on pregnancy prevention in their schools and health facilities.

Sixteen-year-old Ibeth says: “We have been given the opportunity to know much more about topics that perhaps in our homes we are not told about. For example, pregnancy at an early age, they let us know about our menstrual cycle. I really like being part of the workshops, they teach us what gender equality is.”



Ibeth has enjoyed learning about gender equality.

118
menstrual hygiene kits were delivered to girls aged 12–18



Sthefany will expand her food stall after participating in business trainings.



Sthefany's son Dennis says he is "very happy" about his mother's business growth.

Skills to Succeed

Young people are accessing resources to improve their employment opportunities.

The Generation With Opportunities project empowers young people with the tools, resources and life skills to enter the labour market and access quality employment. It supports adolescents and young people, particularly women, to complete their formal and non-formal education and develop marketable skills for access to the labour market.

Through the project, nine young people trained in life skills and business profiling, and eight small businesses received seed capital. Young women developed their self-esteem and decision-making through life skills training.

The project coordinated with private enterprises to open doors to quality jobs for young people and connected with municipal governments to mobilise funds for young women.

“My mum will have a chance to make her business bigger. Then she will have more money to buy toys, clothes and school supplies.”

—Dennis (8)

You're Supporting a More Equal Future



Today's girls are tomorrow's leaders.

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

We will strengthen community protection mechanisms to reduce rates of intimate partner violence through the Violence-Free Generation project.

We will support youth with training and resources to empower them with tools and life skills for increased access to economic opportunity.

We will advocate for an environment where children and adolescents can access quality information and challenge discriminatory social patterns.

The project "Generation with Decision and Leadership" will help educators provide Comprehensive Sexuality Education to youth.

Message from Plan Staff

"Your contributions have changed the lives of many boys and girls in La Paz, they feel closer and closer to fulfilling their dream of living free of violence and with total equality. Thank you for your support."



Aldo Benjamin
Guillen Guillen,
Programme Area
Manager, La Paz

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

943

youth trained in
risk prevention
and first aid

12

out-of-school
pupils received
scholarships

40

teachers trained
in gender equality
in the classroom

10

cases of rights
violations
attended to