

Choluteca Honduras

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

This year, the Generation with Opportunities project prepared youth for the labour market, and provided networking opportunities with local employers. Through this programme, young people have gotten the opportunity to access quality jobs or establish their own businesses.

In addition, a leadership project empowered young women 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.

With engaged, educated leadership and access to information and resources, the Choluteca community moves toward a more equitable future.



Youth participate in a workshop on reproductive health.

"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 Numbers

5,345

children and adolescents received school kits

430

youth participated in educational health fairs

117

parents discussed sexual education

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-year-old, 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 limits 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 5,345 Sponsored Children in Choluteca

Projects That Support Lasting Change

Skills to Succeed

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

The Generation With Opportunities project empowers adolescents and young people with the tools, resources and life skills to enter the labour market and access quality employment.

Seven local companies became involved in the process, and have opportunities for quality employment for project participants. And, 25 female entrepreneurs developed their plans for launching their own businesses.

In addition, more than 100 young people learned Life Skills, prepared for job interviews and first experiences in employment. Participant Jennifer says, “The project taught me how to prepare my resume and how to present myself at a job interview. Now I understand the importance of participating in these processes.”



Project participants at a workshop.

125

**youth learned
communication skills**



Participants from the Feminist Leadership School.

Breaking Down Taboos

The Generation with Decision and Leadership project is helping young women make informed decisions.

This project addresses three inequality gaps: Child pregnancy, gender-based violence, and early and forced marriages. These gaps strongly affect girls and young women.

This year, the Leadership project educated 225 young women on their sexual and reproductive health and rights, and taught them how to manage their menstruation. Young women also received menstrual hygiene kits.

In addition, teachers facilitated topics on comprehensive sexuality education. Over 100 parents participated in dialogues to better communicate with their children, and 262 young members of youth networks carried out advocacy actions for sexual and reproductive health rights.



“I dream of becoming a psychologist and empower girls and women,” says Misly.

“I have learned to value myself, to know how to defend my rights. Now I am more self-confident.” - Misly (18)

You're Supporting a More Equal Future



Children with their new school supplies in Choluteca.

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

Rape against a minor is reported every four hours in Honduras. In the coming year, we will help provide education on sexual- and gender-based violence prevention. We will strengthen protection agencies to respond to reported cases of violence.

Choluteca's youth unemployment rate is 37%. We will coordinate with the private sector and local governments, facilitating access to employment, or entrepreneurial support.

Rates of youth pregnancy are high. We will work with government institutions to develop training sessions on sexual and reproductive health and rights in schools and health centres.

Message from Plan Staff

"The past year was full of challenges, but also many opportunities and strategies to reach more families, especially girls. We have been able to strengthen them with new knowledge, skills and leadership, contributing to make substantial changes in their lives."



Carlos Javier Duron,
Programme Area
Manager,
Choluteca

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

525

girls received
menstrual health
information

473

young people
learned about
their rights

159

teachers trained
on sexual health

143

girls organised in
feminist
leadership