

Copán Honduras

Positive changes are happening in Copán. 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. For example, the Generation with Opportunities project have 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, a leadership project provided youth with information and resources on sexual and reproductive health and rights. They used this knowledge to advocate and influence local and national policies.

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



Safety is a key priority for families in Copán.

"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

1,164

people participated in Day of the Girl Child events

6,084

children received school kits

350

young people participated in youth movements

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 6,084 Sponsored Children in Copán

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 and gain or create quality employment.

With support from the Secretary of Education and universities, training sessions aimed at entrepreneurship, employability and life projects. Participant Mariela says, “I have been able to start the project of my dreams, starting my own business. I am very happy for the support, which has transformed my life and my daughters' lives.”

In addition, young people learned Life Skills, prepared for job interviews and first experiences in employment.



Mariela with her bakery business

154

**youth learnt
communication skills**



Yanci makes a presentation to mothers.



Alison reads a book on sexual health.

Breaking Down Taboos

The Generation with Decision and Leadership project is helping young people make informed decisions about their futures.

In Copán, there are many taboos about discussing sexuality. Conservative groups oppose the idea of sexual education in schools, and for young people in general. Yet rates of early pregnancy are high and many youth lack accurate knowledge about their bodies.

This year, the Generation with Decision and Leadership project empowered 350 young people with information and resources on sexual health and rights. With this knowledge, they lead collective actions to influence local and national policies. In addition, 115 parents were coached on positive, healthy ways to discuss sexuality with their children, and teachers were trained on comprehensive sexuality education in order to teach it in schools.

“I learnt about self-esteem, my body and menstrual health. I lost my fear of talking about these topics with my mother because she also participates in the training sessions.” - Alison (14)

You're Supporting a More Equal Future



Children developing an exercise to identify safe spaces in their community.

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

Every 20 hours, a girl or woman is murdered in Honduras by someone she knows. We are advocating for stronger community protection mechanisms and raising awareness of violence prevention and reporting routes.

In Honduras, one in four births is by a woman under 19. We will continue to educate youth on sexual and reproductive health and rights, and advocate for healthcare spaces.

Together with local governments, we will support youth with employment opportunities and skills to find quality work without leaving the country.

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

403

children formed
school
committees

901

youth
participated in
technical training

120

teachers trained
in sexuality
education

80

people trained on
child protection

Message from Plan Staff

"Your generous contribution helps us transform thousands of lives. We are convinced that our work is becoming more and more relevant, so our commitment is ever greater. Your sponsorship makes it possible to fulfill the rights of children and the equality of girls."



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