

## Caaguazú

### Paraguay

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

Amid the climate crises that hit Paraguay last year, the communities in Caaguazú continue to strengthen resources for young people and families. For example, community-led initiatives have been strengthened to support young children who are victims of patriarchal and sexual violence in the region. This includes workshops and training at all levels of the community, with parents and caregivers, at institutional levels and empowering the children themselves. We are building resources to strengthen sexual education and reproductive rights in the community to foster dialogue and reduce stigma against such topics. Drug usages, trafficking, and teen pregnancies are some other areas of concern in the region that we are continually working on to create a safer, violence-free environment for children and adolescents to grow in.

**"The mixed soccer school project has impacted my life by overcoming societal barriers, allowing me and other girls to play soccer freely and without judgment." -Estefania (16)**



908 caregivers attended positive parenting programs.

### Impact in Numbers

**55**

**healthcare  
supporters against  
violence**

**1,392**

**families sensitised  
about teen  
pregnancy**

**320**

**council members  
for safer schools**

# Playing Her Own Tunes



**NAME:**

**Sara**

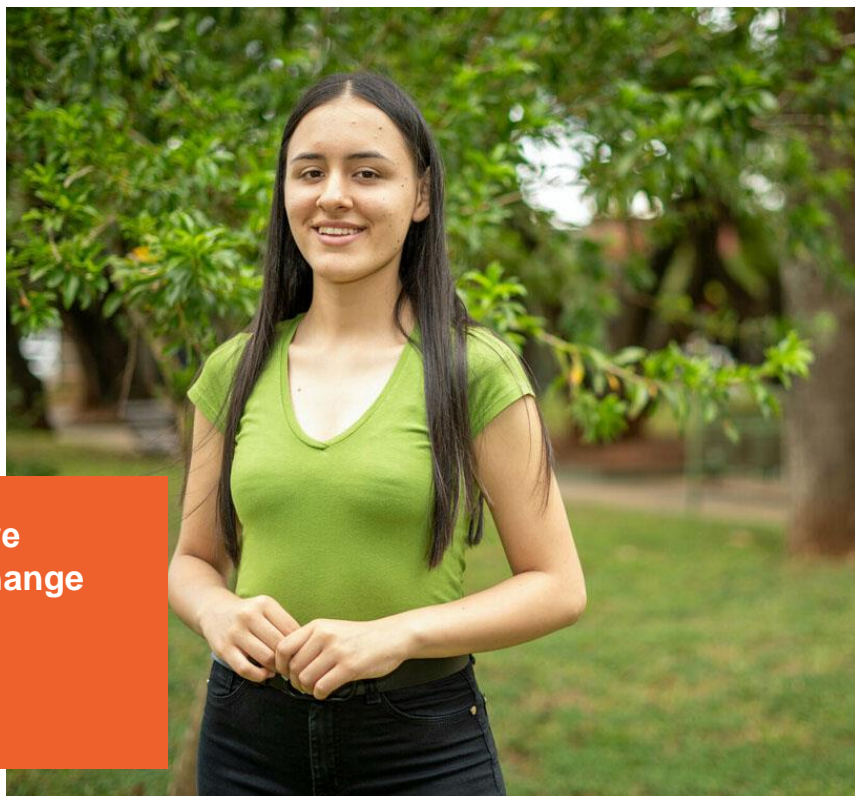
**AGE:**

**17**

**DREAMS TO BE:**

**A teacher**

**“It is vitally important that we continue to be part of the change to achieve a more just and equitable society.”**



## **Meet Sara.**

**Like many girls in Paraguay, Sara is optimistic about achieving her goals and building a strong future.**

Sara works in the areas of music, education and sustainable development. Inspired by her elder sister, Sara's musical journey with the Paraguayan harp started when she was nine. She is now an instructor. She even picks up children from her community on her motorcycle and takes them to school, where she teaches them to play the harp using her own instruments, free of charge!

## **Art to the rescue**

Like many young girls, Sara attended Girls Get Equal movement, our global campaign which promoted the artistic potential of children and youth through sports, music, and education through art. The school empowered young women with self-esteem, life skills and equipped them to preserve the values of Paraguayan culture. It was through this project that Sara learnt to play the harp. “Art, and in particular, the harp, are a driving force in my life. I feel like it helped me to be more open. It is a time for me to relax, a time to connect with myself and express myself through sounds. It helped me connect with people, and convey my message to the listener”, she says.

## **Towards a musical future**

Sara is currently undergoing teacher training in Paraguayan harp and musical language. Simultaneously, she is preparing to embark on a new chapter as a university student, pursuing a degree in sustainable development. Through music, Sara found a way to express herself, and it has become an essential part of her identity and her future.

Young adolescents like Sara are paving the way for the growth of their community in significant ways, demonstrating how learning spaces are paramount to building capacities.



Sara's commitment to teaching harp to the children in her community is unwavering.

**We Work With 8,866 Sponsored Children in Caaguazú**



# Projects That Support Lasting Change

## Employment Integration

**Economic growth in Paraguay in the past few years had no effect on the reduction of poverty and inequality, affecting rural areas and especially young people. According to a national survey, more than 1,950,000 Paraguayans live in poverty.**

With our labour insertion programme for the youth, we encourage the participation of young people in the economic growth through the promotion of entrepreneurship and support for access to quality employment. Apart from technical training, innovation and employment access, we empower the youth through leadership workshops that develop life skills, self-esteem, and peer support.

Our youth labor insertion program fosters economic participation by promoting entrepreneurship and supporting access to quality jobs. In addition to technical training and innovation, we offer leadership workshops that build life skills, self-esteem, and peer support.



Basic concepts of innovation and green economy as a key part of the intervention.

# 103

**Young women launched businesses with seed capital**



Everyone deserves the autonomy to make decision for their own lives.

## Girls as Leaders of Change

**Average of two girls aged 10 to 14 give birth daily in Paraguay. Children deserve a safe, violence-free environment to grow in.**

Through this project, Plan International encourages children, adolescents, and youth in all their diversity to make autonomous and informed decisions about their bodies and lives. Parents are provided with the necessary guidance to assist them in challenging the cultural stereotypes present in their lives and environments. Across other levels, training workshops for institutional authorities on sexual and reproductive health awareness enable them to offer guidance to youth participating in adolescents' clubs. Through sessions, on sexual and reproductive rights, life planning and STDs, and mental health, 366 adolescents were empowered to make decisions about their life, last year. We also aim to create spaces for dialogues within families to reduce the stigma associated with these topics.



Leadership workshops empower the youth in assuming positions of authorities.

**"Being a young woman who promotes rights and opportunities for equality for me is a source of pride that has become a reality in my community thanks to the opportunities provided by Plan". -Evelin**

# You're Supporting a More Equal Future



Alma with her grandmother.

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

- In the coming year, we will launch awareness campaigns in the media and provide training to community leaders on the safe use of the Internet. The objective is to implement a new model of community internet service.
- Protecting the children and youth from violence will remain a priority. Through workshops on prevention of gender-based violence for community leaders, children, youth, and parents we will strengthen the ecosystem in which such violence occurs.
- The patriarchal family structures reinforce inequalities for girls. By emphasising on the need for active fatherhood, we will aim to reduce such incidents of violence.

## Message from Plan Staff

"Many girls in my community today are empowered women. There is a change in the community that would not have been possible if Plan was not present in the most remote communities."



Rosana,  
Community  
Volunteer,  
Caaguazú

## 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

1,540

community  
accountability  
meeting members

181

volunteers trained on  
gender-based  
violence

16,518

young people  
trained in "Learning  
Without Fear"

46

young people took  
on symbolic roles in  
institutions