

Maritime

Togo

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

For example, young people are gaining knowledge about their sexual health and reproductive rights through comprehensive sex education integrated into their school curriculum. This supports them in making informed decisions about their life. Various stakeholders like community members, government agencies, and educators are coming together to enhance their knowledge about these topics.

Moreover, parents are better equipped to address their young children's growth and early childhood development needs. Fathers are actively participating in domestic responsibilities, contributing to a more gender-balanced household. Improved infrastructure in schools like new desks and chairs and hot meals ensure that the children's needs are met. Young girls are also learning football and forming clubs, which further raises their confidence and self-esteem.

"After dropping out of school, I joined Plan's youth initiative and learnt weaving to support my family. Now I am one of 40 apprentices in my community." - Esta, 16



Children pose together after receiving their new t-shirts.

Impact in Numbers

767

educators sensitised to gender-based

2,040

peer educators trained in reproductive health

656

home visits for vaccination and childcare follow-up

Naka defies community norms



NAME:

Naka

AGE:

16 years old

DREAMS TO BE:

A business leader

“Being the only girl doing men’s hairdressing in my community is a source of pride. I have the confidence to express my ideas without fear.”



Meet Naka

Like many girls in Togo, Naka is optimistic about achieving her goals and building a strong future.

Naka likes music and dancing. With her eleven siblings and her mother, she lives in a village in Togo. Her father passed away when she was still in primary school. After finishing primary school, Naka dropped out to help her family financially and with household chores. Poverty, limited support, and social norms like early marriage often prevent girls like Naka from pursuing education or gaining economic independence.

Empowering Youth

Naka’s village is supported by Plan’s Youth Empowerment Project, which has provided her the opportunity to support her family through vocational training for hairdressing. Alongside, she participated in workshops on life skills, sexual education, and rights, helping her understand the dangers of early marriage and gender-based violence. These programmes boosted Naka’s confidence, enabling her to voice her opinions and pursue her dreams. They also strengthened her entrepreneurial skills, empowering her to become more independent and work in a male-dominated field.

Economic Independence

Naka is now an apprentice at a local salon, where her skills allow her to independently manage the workshop. Her improved income helps her meet both her own and her family’s basic needs. She is also a member of a local youth association, Nokourouma, which provides her with a sense of community and supports her journey toward economic independence. With her new aspirations and growing confidence, Naka is lifting her family out of poverty and building a secure, promising future for herself.



Naka with her mother and her younger sister.

We Currently Work With 4,313 Sponsored Children in Maritime

Projects That Support Lasting Change

A Healthy Start

Early childhood development is integral to the growth of every child. However, poverty, a lack of awareness, and weak policies hinder a healthy start for children in Maritime.

Together with the local communities, we are emphasising the importance of play and early learning for children under six. School management is also bringing infrastructure changes by installing small desks and chairs in public kindergartens.

Ten action plans developed by children's and youth organisations received financial support and have been fully implemented. To ensure that the children receive healthy and nutritional food, schools now provide hot meals. 96% of the women who participated in nutritional food cooking sessions applied their learnings at home.

These behavioural and societal changes are going a long way in ensuring that children's needs are met.



4,856 children benefit from hot meals in kindergarten canteens.

2,292

**parents discuss early
childhood development**



3,265 girls like Abigaël have benefitted from comprehensive sex education in their schools.

My Health, My Rights

Social taboos lead to a lack of knowledge and open dialogues about sexual and reproductive health among the youth in Maritime.

Together with the local government, we have supported schools to integrate sexuality and reproductive education into the school curriculum through the My Health, My Rights project. Teachers and facilitators are creating resources to ensure that this knowledge reaches people of all ages, in all their diversity. Midwives and local municipalities also support adolescents in accessing safe care.

Last year, 42 mass awareness sessions organised by peer educators reached 7,298 people. Moreover, 11 radio programmes reached many others in the region. Gamification of knowledge, intergenerational dialogues, and feedback sessions were other ways in which young boys and girls built their capacity and self-esteem.



Adjo in her house compound.

“Many young mothers lack information and support in sexual health education. This project helps young girls avoid such situations, and I’m ready to raise awareness among my peers.” -Adjo, 21

You're Supporting a More Equal Future



Peer-to-peer education has reduced the stigma around topics of sexual and reproductive health in Maritime.

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

We will organise information and discussion sessions with guardians on comprehensive sex education, create spaces for intergenerational dialogues, and support values education for adolescents. Next year, 35 health centres will improve the quality of their youth-friendly services, while we continue to advocate for the systematic inclusion of adolescents in all phases of policymaking.

We will mitigate the climate crisis in the region by introducing our new Green Skills Network project. Together with the community, we will strengthen and assist youth farmer groups in employing eco-friendly agriculture to adapt to climate change and drought in the region.

Message from Plan Staff

"Your support has contributed to equal learning and development opportunities for children, increasing youth knowledge on their rights. Next year, we'll be working with communities to ensure that young people, especially girls, continue to learn, decide, lead, and grow."



Ogoudoumi Kossi Atchrimi,
Programme Unit
Manager

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

10

girls stepped into the roles of leaders for a day

60

women have benefitted from sports equipment

148

participants in 3 intergenerational dialogues

353

meetings for parental education