



SUMMER | FALL 2023

Your
IMPACT

You're helping girls get the **EDUCATION** they deserve

Summer is coming to an end, and back to school season is nearly here. With your support, more girls across the world will have the chance to experience the excitement and anticipation of the first day of school. **Thank you!**

TANZANIA



Hellen, 14

Hellen waited 14 years for her first day of school.

“I used to stand at the edge of the road every morning and watch my brothers and their friends go to school,” Hellen says. **“I wanted to go too, but I thought school wasn’t for girls like me. My mother was preparing me for marriage and taking care of the family.”**

With the support of people like you, Plan’s Keeping Adolescent Girls in School project in Tanzania is raising awareness of the importance of education for all children.

After attending a community meeting, Hellen’s parents gradually became more open to the idea.

“They finally allowed me to go to school, just like the boys,” she says proudly.

Through Plan, Hellen received a school uniform, learning materials and a bicycle for the journey to school. And her story had a powerful ripple effect — 13 families in her community have since allowed their daughters to go to school.

“For years, I had dreamt of the opportunity to enter the classroom and learn, but I never thought it would be possible,” Hellen says. **“I now have the chance to pursue my education and become a teacher.”**

BANGLADESH



Anamica, 12

When Anamica’s father closed his shop during the COVID-19 lockdown, the family lost their source of income. And Anamica was forced to drop out of school.

Then, last year, her mother joined a Plan skills and work training program. **“I learned how to run a business, and how to keep records,” Anamica’s mother says.**

She received seed capital to start a poultry business, which she used to purchase six ducks.

The additional income meant Anamica’s father could reopen his shop, and Anamica was able to return to school.

“I will let my daughter stay in school for as long as she wants,” her mother says.

UKRAINE



Amina, 14

Thanks to your support, Plan is working with partners in Ukraine to support the rehabilitation and reconstruction of schools and shelters, as well as providing heating appliances and generators, so that students like Amina can return to the classroom.

“For me, going back to school meant no longer being stuck on my own at home,” Amina says. “It was also great to get back to studying the right way, in person. I don’t know yet what I want to do when I grow up. Maybe I will follow my brother’s path and go to medical school, or maybe I will be a chemistry teacher. I want all of us to finish school with good results and for my teachers to be proud of us.”

UGANDA



Scovia, 17

“I lost hope of ever returning to school,” Scovia says.

The 17-year-old was out of school for three years before joining an accelerated learning program supported by Plan and local partners in Uganda. The Girls’ Education in Crisis project is working in refugee settlements to help children affected by conflict return to school. Special classroom blocks have been built at primary schools for the new students, as well as latrines and water sources, and teachers received additional training.

“I was worried that the other children would laugh at us because of our age, but they don’t,” Scovia says. “Actually, they treat us as their equals. The teachers are always encouraging us and tell us not to undervalue ourselves because of our age. Instead, they say we should concentrate and study hard.”

ECUADOR

Proud to be a **girl dad**

Six years ago, Fabián attended a series of Plan workshops on parenting that changed his perspective on what it means to be a good father.

In Ecuador, many people view parenting as solely the mother’s responsibility. In fact, it’s not unusual for fathers to have little to do with raising their children. But after attending these workshops, Fabián realized he needed to take an active role in raising his three daughters — and he hasn’t looked back since.

“The most important thing for me was realizing that I can directly influence my daughters’ education,” Fabián says. “I want to be a father who supports and commits to parenting, so that they continue to grow in a safe environment and believe in their dreams.”



Fabián helps his daughter with her homework.

Teaming up to tackle PERIOD STIGMA



Around the world, period stigma and taboos are holding girls back.

“Boys would tease us and be awkward around the topic of menstruation,” Liset, a 14-year-old Plan advocate from Peru, says. “They would make jokes about how we would stain our bedsheets while sleeping.”

To support girls like Liset, we have partnered with Kimberly-Clark, its foundation and the company’s Kotex® brand since 2020 to address stigmas around menstrual health. Together, we’re implementing programs in Brazil, China, Colombia, Guatemala, India, Nigeria, Peru and Vietnam, through a combination of education, awareness campaigns and skills building activities. **In honor of Menstrual Health Day in May, we celebrated our three-year partnership and how we’ve reached more than 3.5 million individuals to date.**

These programs take a comprehensive approach, meeting girls’ immediate needs for supplies and creating a supportive environment free of period myths and stigmas. This means educating boys, as well as girls, on menstrual health.

“Thanks to the program, boys understand more about menstruation,” says Liset. “We can talk about it without fear, and we’re breaking down myths.”

Thank you for being there for girls and families in Syria

In February 2023, two massive earthquakes created ruin across Syria and Türkiye. Your gifts to Plan’s response in Syria are providing girls and their families with the resources they need to rebuild and recover.

With your support:



21,750 people received lifesaving supplies.



4,350 food kits and **4,873 hygiene kits** were distributed to children and their families.



8 showers were installed in shelters, helping **303 people** stay clean and healthy.

For more updates on how you’re making a difference for girls and families in crisis around the world, **read your special humanitarian impact report [here](#).**



Plan International USA
235 Promenade Street, Suite 600
Providence, RI 02908
800.556.7918 | planusa.org



Sponsorship snapshots from around the world



BRAZIL

For over a decade, Sanmya exchanged letters with her sponsor in Germany.

“In those correspondences, I always found motivation to develop myself, to dream, to contribute and help my community more and more,” she says.

Sanmya passed her university entrance exams last year and is now the first girl from her community to go to college, where she studies journalism.

“Today, I carry the responsibility of being an example for people in my community, inspiring girls to believe that it is possible to open new paths,” she says.

“I fight for girls to have a better life, without gender-based violence and with many achievements ... I have learned that transformation first begins in ourselves. I realized that it is necessary to know yourself and understand that it is possible to make change happen, so we can transform the structures around us.”

— SANMYA, 17



ECUADOR

Sponsored child Luis is proud to be a champion of change in his community. The Champions of Change project helps girls and boys challenge traditional gender norms and think critically about how gender influences their lives.

“I like to go to the teenagers’ club at the health center where we learn about early pregnancy and other things that affect adolescents ... I am also part of the Champions of Change project which teaches us about gender equality and positive masculinity.”

— LUIS, 12

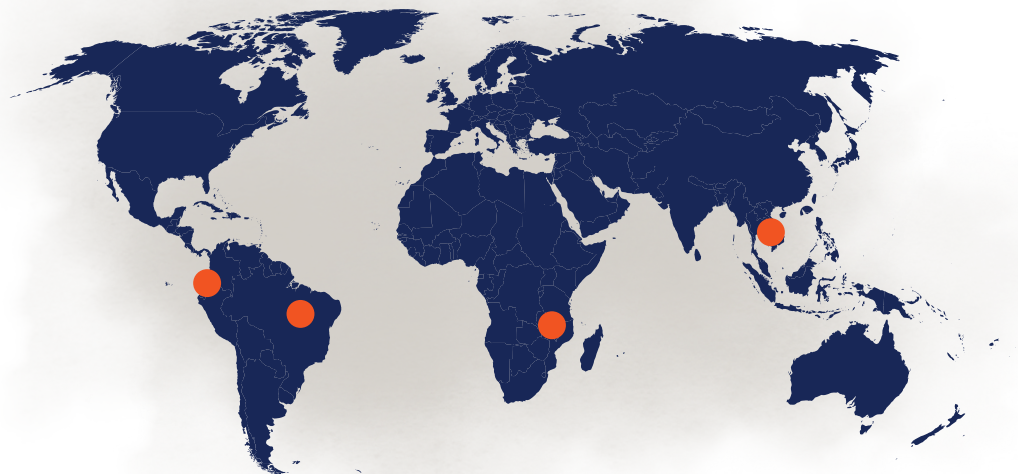


CAMBODIA

Sponsored child Len Sokha (pictured playing with her younger brother, Thom) attends a primary school built by Plan. Thanks to sponsors from around the world, families in her community are also receiving technical support to grow vegetable gardens, both to boost children’s nutrition and provide a source of income. Parents are given seeds, as well as equipment to process food products to sell at the local market.

“I love my teacher and friends, as they help me a lot.”

— LEN SOKHA, 10



MALAWI

“I was supported with school fees and stationery for school. My family took part in a farming project which enabled us to be food secure. Without this support, I think I would have married while I was still young; but with this support, I managed to complete my studies ... Having joined the teacher training program, I am now able to support myself and my child.”

— CHANCY, former sponsored child



GUINEA

As a child, Tamba was one of the first sponsored children to attend the school Plan built in his community in Guinea. Now, as an adult, Tamba is now helping to build schools for a generation of children. After graduating with a degree in rural engineering, he applied for an internship with Plan.

“In 2016 I got my first job at Plan International Guinea as a technical controller on the basic education project to support the construction of 17 primary schools,” Tamba says. “Recently, I have taken up another position with Plan International Guinea to monitor the construction of a three-classroom school with latrines, a health post, a water pump and the renovation of a maternity center for pregnant women.”

I thank all the sponsors and Plan International workers for their unwavering support.”

— T A M B A ,
former sponsored child



BANGLADESH

After enrolling her daughter in Plan’s sponsorship program, Lipi’s mother received a small grant designated for sponsored children’s families affected by the pandemic. She invested in a female goat to provide milk to supplement her family’s diet. After a few months, a baby goat was born, which she sold.

“With each new kid born, our family’s fortunes have improved as the market value of goats has risen,” she says.

Lipi’s mother has noticed a remarkable change in her daughter since she started attending an early child development center supported by Plan.

“She has become more confident and expressive with those around her,” Lipa’s mother says. “Plan has helped us complete online birth registration forms, which means we can now enroll our children in school.”



CAMEROON

Plan celebrates International Day of the Girl with Takeovers, where girls assume leadership roles in corporate and government settings across the world. **Sponsored child Marie Rose** took over as Director of United Nations and Decentralized Cooperation in Cameroon. She held a meeting with ministry staff to discuss ways to involve girls and young women more in the decision-making process for issues affecting their lives.



PERU

Brendy is a sponsored child in Peru and a member of a girls’ empowerment project, supported by Plan.

“Women are not taken into account, but women have the same rights. We can work and study, not just stay at home. I have decided to study industrial engineering and with this I want to encourage other girls and adolescents to follow their goals and dreams despite the fear of what machismo or stereotypes may bring ... I would like to show girls that they too can follow their dreams, that they should not live in fear of something, they should go on and fight for their dreams.”

— B R E N D Y , 12

