



Your

WINTER | SPRING 2024


IMPACT

Meet the activists FIGHTING FOR EQUALITY

“To be an activist requires a tremendous amount of patience, strong will and determination in order to achieve your goals.”

That’s what 25-year-old Muzoon had to say about her experiences as a young activist. And, that sums up the findings of Plan International’s newest report, titled “Turning the World Around: Girl and young women activists leading the fight for equality.”

After speaking with over a thousand young female activists from 26 countries between the ages of 15 and 24, it’s clear that girls face a multitude of challenges as they **CAMPAIGN FOR CHANGE.**


 **Nearly 1 in 5 activists (17%) have feared for their safety while carrying out their work.**

But it’s also clear that girls are more passionate than ever about activism.

 **Nearly all girl activists (95%) say campaigning has had a positive impact on their lives, making them feel proud, empowered and capable.**

For more information on Plan’s research, check out the full report [here](#).



Here’s what four activists interviewed for the report had to say about what motivates them to fight for change, in their own words. 



NEPAL

“Girls are not free to dream of their own futures. This put a question in my head, and I wanted to gather more information about this. ... Whenever I find an issue, I cannot keep silent or quiet, I have to act on it. This is my spirit. I want to support girls who are having issues and help them convince their parents to keep them in school. I want to be a role model.” RAHIMAT, 18



GUATEMALA

“I thought in the past it wasn’t possible to be part of spaces where decisions are taking place or to speak with high-level authorities. But before the pandemic, the girls’ movement provided me with the space to speak in the Congress of the Republic of Guatemala. Last year in my local department, the Vice President of the Republic visited us, and we were able to present the problems that girls are facing and our proposal on how to tackle these issues.” LESLY, 19



An infinitely powerful partnership

Each year, the spotlight on gender equality shines brighter and brighter on International Women's Day.

At Plan, we celebrate this milestone annually, but we believe that the importance of girls' and women's rights should be discussed every day. **That's why we joined forces with Paramount to launch 8M Infinito, a campaign that seeks to promote gender equality and make women's and girls' rights visible throughout the year.**

Beginning on March 8, 2023, the campaign started to educate, raise awareness and transmit the stories of 12 women through multiple messages, videos and testimonies on MTV and Comedy Central's platforms and channels in Latin America.

The goal is to transform the 8th of March, or 8M, into 8M Infinito, in search of equity and equality forever. Through monthly capsules, 8M Infinito promotes short messages from content creators and celebrities sharing their own experiences with MTV and Comedy Central's Latin American audience.

IMPORTANT NOTE:

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Have a question? Don't hesitate to contact our friendly donor loyalty team at 800.556.7918 or email us at donorrelations@planusa.org. We look forward to hearing from you!



LEBANON

“We have a long way to go ... but we are making impact along the way. I feel that I have a ball of fire and it's always warm and it's always shining and I have a long way to go, but I'm ready for it. ... I hope my story empowers other girls and helps them make a change.” **FATIMA, 21**



SIERRA LEONE

“Activism, campaigning and advocacy is something I'll never let go of. I'll always do it, even as a grown-up, even as an old lady in the future. ... I have seen how boys have a lesser regard for females, so I've taken that up as my responsibility to empower other girls, but also, I want to be a role model. I involved myself in advocacy and I'm someone that likes to stand up for others. I take it very seriously. Girls have so much potential, but they're not given the platform to exhibit this potential.” **BLESSING, 17**

WE ARE THE GIRLS

who are changing the world



The project has not only built us a place to stay but also imparted confidence in us.

We have been participating in various activities that include Champions of Change, engineering lessons and life skills training. All these activities made me think differently. I used to think engineering is very difficult and that it was only a field for men, but now I no longer see it that way.”

NOKUTHULA, The Graduation Project participant (standing in front of the dorm where she now lives)

What if girls led the way? That was the question we asked when we launched our We Are the Girls campaign — and the answer changed everything.

It led us to create a new way of doing things, called **GirlEngage**, where girls become the drivers of the change they need in their lives. Persistency, a participant of The Graduation Project in Zimbabwe, said it best: “The project is for us, by us.”

Now, five years later, girls are realizing their power and using their voices to create the world they want to live in. Here are some of the achievements made possible with the support of people like you.



\$205 million raised in support of girl-led programming.



15.5 million people impacted.



568 young entrepreneurs in Guatemala received seed funding to start their own businesses.



15,735 individuals in India and Nepal received information on trafficking risks and available support programs through information centers established by the PROTECT project.



27,750 people received menstrual and hygiene kits through menstrual health programs in Brazil, China, Colombia, Guatemala, India, Nigeria, Peru and Vietnam.



26,886 hygiene, dignity, food and other types of kits were distributed to girls and families in Mexico, Guatemala, Honduras and El Salvador through Protected Passage.



160 girls in Zimbabwe are living in **two dormitories** they helped to design through The Graduation Project.



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THANK YOU!

Plan's We Are the Girls campaign has ended, but our work with girls is just getting started. Building on the campaign's success, Plan is creating additional programs in new communities to inspire even more transformational change alongside adolescent girls. Scan the QR code to learn more about our community of We Are the Girls activists.



Thank you for your support in 2023!

Your impact in numbers

41,583,914

children reached, including

22,215,161 girls

1,097,096

sponsored children

1,610 active projects

67,334 communities

Our emergency response

People reached:

22,357,769 

including **5,193,651 girls.**

33 
education
programs in
25 countries.

43 
child protection
programs in
28 countries.

88 
disaster
responses.

29 
food security
programs in
25 countries.

12 
sexual and
reproductive
health and rights
programs in
12 countries.

18 
cash and
voucher
assistance
programs in
16 countries.

Impact numbers from July 1, 2022 – June 30, 2023

INDIA



With your support, girls in India received school supplies packed in a bookbag, to encourage their continued education.

MOLDOVA



Twelve playrooms were set up in centers for Ukrainian refugee children in Moldova. Equipped with games, crafts, toys and books, the playrooms are safe spaces which support intellectual and emotional growth through play, relaxation and art therapy.

GHANA



To mark Girls in Information & Communication Technology Day in April, Plan organized a training session for girls in Ghana's Volta region. More than 100 girls learned about cybersecurity, identifying fake information online and using the internet safely.

U.S.



More than 40 young people from across the U.S. joined together in D.C. in July for the in-person portion of Plan's Youth Leadership Academy — a yearlong leadership program dedicated to training, supporting and mentoring young activists in the U.S.

CAMBODIA



A mother in Cambodia takes her baby to the new health center, built with Plan's support. Located in a remote area, the center improves access to primary health care services, especially for Indigenous people with special needs, women and girls.

Beyond the numbers: Hear from the people you've reached

MALI



In Mali, the number of children dropping out of school is rising at an alarming rate, largely due to poverty, insecurity and the lack of food. With the support of people like you, Plan is working in northern Mali to provide nutritious school meals to more than 4,000 students every day, including 10-year-old Moussou (photographed with her mother and siblings).

Studying on an empty stomach is not easy, but when we eat, the lessons become easier to understand. Before, I didn't understand anything because I was constantly hungry, but now I understand very well."

— **Moussou, 10**

LAOS



In a remote community in the mountains, 5-year-old Anna attends one of four new preschool centers constructed by Plan. Bathrooms with hand-washing stations were also installed at each school, as well as a playground with swings and a slide.

I love playing as a doctor, and my friends are my patients. I want to become a doctor to care for my parents and patients."

— **Anna, 5**

ECUADOR



Erika, 21, became a Plan sponsored child when she was 8 years old. Over the years, she received encouragement and support from her sponsor. After graduating from high school, Erika was awarded a scholarship from Plan to attend university.

I have told my classmates at university, and in fact all the women in my community, that we must raise our voices, that we must all collaborate, so that other women can hear us and change their lives. If we can help one person, it will help many others."

— **Erika, 21**

INDONESIA



Plan's Student Emergency Savings project in Indonesia is working with sponsored children who live in disaster-prone areas. More than 10,000 sponsored children and their families took part in the financial literacy skills training, including 14-year-old Rosaria.

We didn't have any savings at home or in the bank. I now save the money my mother gives me instead of spending it as I want to pursue my education to a higher level. ... When disaster hits our community, my father and mother will have some money for food and shelter."

— **Rosaria, 14**

SIERRA LEONE



In Sierra Leone, Plan's She Leads initiative is supporting girls and young women like Princess, 17, as they build their confidence and develop leadership skills.

I used to be afraid to speak up, but with She Leads, I found my voice and gained the confidence to become a leader. Now, I can stand up for what is right and represent my community as a youth advocate."

— **Princess, 17**

SYRIA



In Syria, Plan worked with partners to install two gender-segregated bathrooms — one for girls and women and one for boys and men — in a shelter for families displaced by the earthquakes last February.

These shower facilities ensure that girls, in particular, have their privacy and protection while maintaining their dignity. We no longer have to worry about disturbing each other's space, and can clean ourselves in an environment that respects our need for privacy. ... This newfound sense of protection has lifted a heavy burden from our shoulders, and we feel safer and more secure within these walls."

— **Sara**

