



Until we are all equal

RIGHT: Maritza soars as she takes part in children's health programs in Bolivia. BELOW: A sneak peek of this year's guide.



The Power of Hope

Last year, more than 15,000 people in Canada gave **Gifts of Hope** to address the greatest challenges faced by girls around the world. In this report we share seven stories of the strength and resilience those gifts helped support.

EDUCATION

Learn for Life



Girls feel more comfortable telling Eunice what they need than they might with a male teacher.

IMPACT: The \$18 **School Essentials for a Child** gift raised **\$41,245** last year. That means **46,026 children** received 1,782,982 learning materials, such as books, pencils and calculators.

Our School Essentials gift provides everything a classroom needs, from pencils and notebooks to student desks and well-trained teachers. This past year, this gift also did something extra special. It helped make sure classrooms have one more thing they need: female teachers. When girls have female role models in the classroom, they are more likely to attend school and excel in their studies. This Gift of Hope helped give 200 young women in Sierra Leone the support they needed to become

“When you can do something on your own for the future, you feel proud. And when a woman is educated, a whole nation can be educated.”

—Eunice, a teacher in training in Sierra Leone

teachers, including child care so they could focus on their studies.

Inspiring, right? For more #inspo, click or scan the code to watch our mini-doc that stars Eunice and her fellow student Kumba.



IMPACT: The \$295 **Send a Girl to School** gift raised **\$137,613** and reached **47,975 girls**.

During the COVID-19 pandemic, Uganda experienced one of the longest periods of school closures in the world. The large break in learning, and the disrepair many schools fell into during that time, discouraged many children from returning, even after schools reopened.

But not Moreen. She's now back at school and living in a new dormitory for girls that Plan helped build. Moreen says she finds it easier to study in the dormitory, because she has supplies to do her schoolwork and can go to the library or ask a teacher if she has questions.

“The best thing about going back to school is that I want to continue with my studies to achieve my dream of becoming a lawyer.”

—Moreen, 19



Moreen enrolled in school again with the help of this gift.

HEALTH

Stigma, Shame, Secrets? No Time.

IMPACT: The \$25 **Pads for Periods** gift raised **\$93,355**. We distributed **32,332 pads**, educated girls about menstruation and broke down stigmas.

In Geita, Tanzania, 25% of girls don't study beyond primary school, and periods are one of the reasons girls drop out of class. Pads for Periods mean they don't have to.

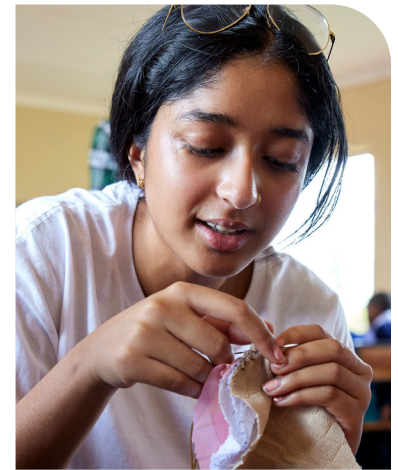
"We make menstrual pads so that girls can come to school all the time [even when they are on their periods]," says Edinah, a student who participates

in one of Plan's menstrual health clubs. "It prevents them from being absent."

These clubs also tackle the stigma around periods that can keep girls at home. When boys and girls have real, open conversations about periods, everyone gets on board to support getting girls what they need for menstrual health.



Edinah holds up a reusable sanitary pad she made at her school's health club.



Netflix star Maitreyi Ramakrishnan learned how to sew sanitary pads [during her trip to Tanzania](#).



I was very refreshed to see how strong these girls are and how empowered they are with talking about period health.”

—Maitreyi Ramakrishnan, Plan International's Global Celebrated Ambassador and star of the Netflix series *Never Have I Ever*

Click or scan the code to join Maitreyi in checking out a menstrual health club in Geita.



HUMANITARIAN RESPONSE
AND RESILIENCE

No More Hunger

IMPACT: The \$50 **Food Basket** gift raised **\$314,952** and distributed **12 million kilograms** of food to **325,011 people**. (That's 4.8 Olympic-sized pools filled with life-saving food.)

In May 2023, Cyclone Mocha ripped through Myanmar and Bangladesh, washing away homes, shops and all the possessions families hold dear. Ma Nu Barr lost everything she owned. Now, she, her husband and their six children live in a camp for internally displaced people.

Thanks to the Food Basket gift, Ma Nu Barr and her family receive cash assistance of about C\$90 every month so they don't go hungry while living in the camp. They also attend a child nutrition program that helps them learn how to build a balanced diet with the foods available in the area.



Ma Nu Barr (left) receives monthly cash assistance to buy food in the camp where she lives with her family.

YOUTH LEADERSHIP AND
ECONOMIC EMPOWERMENT



Bawk Nu built her computer and job interview skills to expand her work opportunities.

Powered Up

IMPACT: The \$100 **Girl Power** gift raised **\$573,381**. It reached **114,197 girls** in 11 countries.

To keep her son safe from the ongoing conflict that started in 2021 in her home region of Myanmar, Bawk Nu, 24, was forced to flee with her family. Now they live in a camp for internally displaced people. Trying to set down roots in an unfamiliar place, Bawk Nu wanted to find a way to earn a steady income.

The Girl Power gift helped complete part of that equation: During two months of training, Bawk Nu learned basic computer skills, plus how to create a CV and prepare for an interview.

“I will raise my children in a good way for us.”

– Bawk Nu, parent and soon-to-be business owner

With a second child on the way, Bawk Nu is also looking forward to vocational training that will set her up to launch a home

business in juice making, giving her multiple avenues to be a breadwinner while caring for her family.

“We’ve always been in support of any initiative that enables young women to succeed. This year, we chose the Girl Power gift in particular because it had an eight-times match.”

–Don Ablett, a Gifts of Hope donor from Ontario. Don and his wife, Carol-Ann Michaelson, have supported Plan for almost 40 years!

PROTECTION FROM VIOLENCE

Just Go for It!

IMPACT: The \$10,000 **Humanitarian Aid** gift raised **\$30,000**. It supported **64,510 people** who have been displaced or are living in crisis situations.

Avoiding armed groups was just one of the dangers that Gabriela, her mother and her sister dealt with as they fled Venezuela for Colombia. When they finally arrived in northern Colombia, they found new opportunities, but also new threats. “[Men] would harass us and offer us money if we would go with them,” Gabriela says. “One man grabbed me and said he would not let me leave until I went with him.”

When Gabriela joined a workshop organized by Plan International, she learned what gender-based violence

is – and how to protect herself. She also learned about her rights as a migrant and as a young woman.

“I really liked that we talked about family planning, because pregnancies have increased among migrant women and it’s not always by choice,” she says.

After the workshop, Gabriela organized a women’s kickball league to bring people together. Being active helps her mental and emotional well-being and also builds a network of connections within her community – an important part of increasing safety.

“

I want to tell those who left Venezuela looking to fulfill a dream to keep moving. Go for it!”

–Gabriela

Click or scan the code to find out what it’s like for a child living in crisis – and how we can help.



THANKS TO YOU...

After working with Plan, **48.3%** of adolescent girls and young women in Colombia have a support network for navigating and preventing violence and abuse – up from **6.1%**.

Gabriela uses sport to build a safety network in her community.

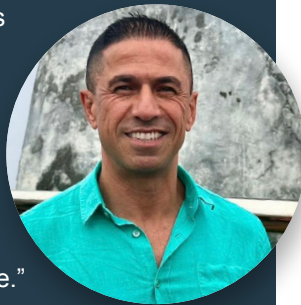


Generation G: How giving unites one father-son duo

When Ali Nabavieh was 8 years old and living in Tehran, Iran, the city was bombed. Nabavieh was at home getting ready to go to class while, nearby, bombs were destroying his school. Had the bombs fallen 30 minutes later than they did, he says, “I wouldn’t be here right now.”

Nabavieh knows that hardship can happen suddenly. So giving to causes that support education and health is something he’s invested in. And he has made it a priority to share that commitment with his son.

“He’s 13 now, so he understands quite well [why this commitment is important],” Nabavieh says. “Going through the Gifts of Hope catalogue, and using giving as a teaching tool, has made him a very humble and understanding boy. That is a big deal for me.”



“I have seen first-hand what some children go through and how they live [in difficult circumstances]. That adds to my motivation to continue making contributions through Plan and to give more through Gifts of Hope.”

—Ali Nabavieh, a Plan supporter of almost 20 years from Ontario

HEALTH



Mariam was 10 years old before she experienced her first day of school.

Drink It Up

IMPACT: The \$1,000 **Water and Sanitation for Communities** gift raised **\$231,000** and reached **72,826 students.**

At age 10, Mariam had never been to school, but she had always dreamed of it. When a Plan-supported learning program allowed her to catch up on the years she had missed, her dream finally came true. And this Gift of Hope helped make sure that Mariam’s new school has clean water

“I’m very happy that I can go to school and find friends there. I’ll do everything I can to succeed.”

—Mariam, 10

and gender-separated bathrooms – which means she and the other students can stay at school all day and not have to miss class.

Now, Mariam is proud to be thriving in school. “Not only was I the only one to be transferred to Grade 5, but I was also top of my class! Now I can read fluently, write correctly, calculate and speak French,” she says.

“Each year I give my three grandchildren the card with your message about supporting girls [through Gifts of Hope]. I hope this inspires them to carry on the tradition of supporting Plan when they are independent.”

—Bonita Erwin, a Gifts of Hope donor from Ontario



Click or scan the QR code to learn how you can support girls until we are all equal.

WHAT'S NEW AT PLAN **Our Shared Dream**

We see the world as it is and the world as it could be. No matter how complex the challenges, a better future is possible.

It takes **determination**.

It takes **optimism**.

It takes **vision**.

Our “moon shot” vision is equality for girls everywhere. Improving the lives of girls improves the lives of everyone in the family and the community. When you support Plan International Canada with an unrestricted gift, you’re trusting us to identify the greatest threats to equality, especially for girls, and respond to them as they arise.

Just going to school every day is impossible for many girls, with one in six living in a conflict zone. That’s why, right now, about 120 million girls are missing out on an education. What’s more, many girls – 12 million every year – are forced into early marriage, placing them at a heightened risk of dying from complications of early pregnancy or childbirth.

There are 500 million girls alive on our planet today, each filled with promise and potential and with their whole futures ahead of them. How do you transform the world? Start by investing in girls. We won’t stop until we are all equal. Join us!



About Plan International Canada

Plan International Canada is a member of a global organization dedicated to advancing children’s rights and equality for girls. Plan International has been building powerful partnerships with and for children for over 85 years and is now active in more than 80 countries. We stand with children, especially girls, wherever they are oppressed, exploited, left behind or not equally valued. We’re determined optimists, and we will continue to persevere until we are all equal.

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