

# Promising a Future

Connecting you to the purpose and to the people who believe in making a better tomorrow.

## BEAT THE CLOCK IN BANGLADESH

### Useaking's Plan

Lifting the veil off child, early and forced marriage.

In the community of Cox's Bazar in Bangladesh, 21-year-old Useaking, a mother of two, can pinpoint the event that changed her life forever: getting her period.

"I used to have to stay home for days when I had my period," says Useaking, whose information on menstruation came from myths and taboos. As she fell behind and her schooling slipped away, so did her options.



### Useaking Was 17 When She Ran Away and Got Married

She thought marriage would bring her the freedom she craved. Instead, it brought early pregnancy. She had her first child when she was 18 and her second 14 months later.

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**At the time, I didn't know I could use the health services in my area. No one told me about this or was there to guide me.**

– **Useaking** describing a situation that is common in many parts of Bangladesh, where 22% of girls marry before the age of 15

CONTINUE READING USEAKING'S STORY



## Useaking's Second Chance

Useaking's story took an unexpected turn when she discovered a Plan International-run community support group for young married women. **Supporters like you have helped 2,100 young women like Useaking participate in these groups.**

Among her new friends, Useaking learned about sexual and reproductive health, like menstrual health, sex, contraception and gender-based violence. The more she learned about her rights to choose and be protected, the more confident – and vocal – she became. Useaking began speaking out against child, early and forced marriage, using her life as an example. "I tell girls around me to study or learn a job without getting married at a young age," she says.

Like you, Useaking wants to break the cycle of intergenerational poverty that perpetuates child, early and forced marriage:

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**I want my daughter to reach her full potential and enjoy her freedom, to have access to education and the opportunity to pursue her dreams.**



Help us reach our goal to **BEAT THE CLOCK**

so girls and women like Useaking and her daughter can enjoy equality in their lifetimes:  
**[plancanada.ca/beattheclock](http://plancanada.ca/beattheclock)**

Useaking is a mentor in a Plan International-supported young women's group that discusses health, menstruation and preventing gender-based violence and child, early and forced marriage.



## How You and Plan International Help

Useaking participates in our LEAP (Lifting Healthy, Empowered and Protected Girls and Women in Cox's Bazar) program, which is in partnership with Global Affairs Canada. We work with teen girls and young women like Useaking who live in host communities and refugee camps like Cox's Bazar to help them realize and advocate for their sexual and reproductive health and rights. Better access to health information and services helps prevent child, early and forced marriage. Over the next few years, supporters like you will reach nearly 100,000 girls and boys ages 10 to 24 through this program.



Useaking takes her children to preschool every day.

### YOUR WILL-BUILDER

## A Matter of Time

How you can beat the clock with our new will-writing partner.

To make gender equality happen faster, we need fast-acting support that will last a lifetime. You can leave a gift to Plan International Canada in your will in 20 minutes with Willfora.

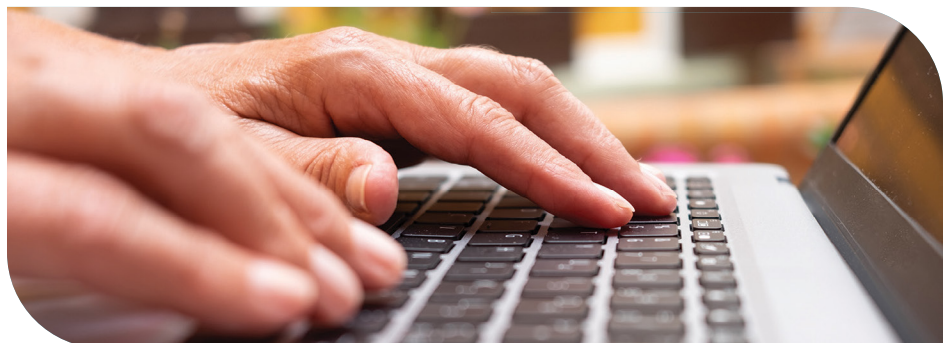
**"It's so user-friendly,"** says Laura L. She's been a child sponsor for nine years and recently left a generous gift through the free online will-writing platform. **"I had no experience with**

**will-making, and it laid everything out for me."**

It's always best to have a plan for your money and for what matters most to you. "I highly recommend the service," says Laura L.

Make a long-lasting difference for children today and in the future at [willfora.com](https://willfora.com).

**Willfora**



## WHY PROMISING A FUTURE?

**Promising a Future** is a biannual newsletter for supporters who have remembered Plan International Canada in their wills or are interested in leaving a legacy gift.

*Disclaimer: Please note that none of the information in this newsletter constitutes legal or accounting advice. You should always consult your own financial and legal advisers before making a decision.*

Learn more at  
[plancanada.ca/plan-a-gift](https://plancanada.ca/plan-a-gift).



Gilbert and Lucinda, siblings in Bolivia, have a healthier future ahead of them thanks to Plan International supporters like you.

# Generations of Good

That's the power of leaving a gift in your will.

The World Economic Forum estimates that gender equality won't be reached until 2154. That's **FIVE generations** for the gender gap in health, education and political and economic participation to close. We don't have anywhere near that kind of time. You can help beat the clock with a gift contributing to girls' rights for decades. There's no better time to prepare your plan, and the Plan International Canada team can help.

*P.S. Future children will thank you!*



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