



SPRING | 2021

Your
IMPACT

Thank you

for brightening your sponsored child's day!

We know this past year has been difficult, and many of you have missed sending and receiving letters due to the pandemic. To celebrate the fact that mail restrictions have now been lifted in most sponsorship countries, we asked you to write to your sponsored child and let them know you're thinking of them. We're so grateful to all of you who sent letters. If you haven't had a chance to write, we hope you will soon. In these isolating times, knowing that a faraway friend cares means so much. **Thank you for being there!**



CAMBODIA



BURKINA FASO

Above: A sponsored child in Burkina Faso writes a letter to his sponsor.

Left: A sponsored child in Cambodia gathers with her family to read a letter from her sponsor.

BRAZIL

“They are very nice people, very friendly people. They take care of me, even from so far away. They ask me if I am studying, they participate in my life. It is very nice to receive care and attention from them as it motivates me to keep going ... I consider myself a very strong girl and now I can see the strength I have inside me.”

Layza, a sponsored child in Brazil, discusses the special bond she shares with her sponsors.



ASK AMY B.

Amy Bickford, Senior Director of Sponsorship at Plan, answers your questions about sponsorships, Gifts of Hope and anything else you want to know.

Hi Amy,
What is Plan doing to ensure that people everywhere have access to the COVID-19 vaccine as soon as possible?

— CATHERINE, IL

Hi Catherine,

Thank you for your question. We believe equal access to safe and effective COVID-19 vaccines must be treated as a fundamental human right. A prolonged pandemic will continue to exacerbate growing gender, social and economic inequalities, with devastating consequences for those most at risk.

Plan International has called on world leaders to ensure every country receives an adequate vaccine supply, distributed based on need, not income. We also urge governments to make sure all countries are equipped to deliver effective immunization programs. We're ready to support immunization campaigns, using our networks to raise awareness and providing health facilities with supplies, like personal protective equipment.

In the meantime, we'll continue working to keep girls, children and communities safe and healthy, while fighting to stop the setback caused by the pandemic.

With gratitude,

Amy B.

Have a question for Amy?

Simply return the enclosed slip or send an email to donorrelations@planusa.org with "Ask Amy" in the subject line, and your question may be featured in a future newsletter!

Changing lives through sponsorship

“You can easily identify the girls and boys who take part in the different workshops and programs run by Plan International. Their personal growth is fantastic to see. Children often start as shy ... But by the end, they are empowered, and can raise their voices to express their opinions and demand the fulfillment of their rights.”

The changes we see are not only in the lives of our sponsored children. We also see it on the other side of the world, in the homes of thousands of sponsors, who in addition to giving their monthly donation, write to their sponsored children, telling them all about their lives. They say that they have their photos in their living room, or on the refrigerator door. Details like these show that they have made a genuine connection with their sponsored child.”

Gladys, a Plan International Ecuador staff member, shares her experience working with sponsored children and families.



ECUADOR

IT'S TIME TO TALK — period

Some of our most impactful partnerships are those that change lives by changing minds. Our partnership with Procter & Gamble's menstrual brand Always aims to do just that.

To that end, Plan recently partnered with Always on a new report called “It's Time to Talk.” Shedding light on the status of menstrual health & hygiene (MHH) in the U.S., this eye-opening report delves into the stigma around periods and how this intersects with lack of menstrual education and access to period products. It also highlights what we can all do to help.

The findings show that while more than half of people voice their support for having open conversations about periods, only about one-third actually do. This indicates that a growing number of people know period stigma has got to go — they're just likely waiting for someone else to start the conversation.

That's where Plan and Always come in. This report is a first step toward opening up a public discussion about periods — and it's a change that cannot come soon enough. Nearly two-thirds of young women report feeling ashamed or embarrassed by their periods. Meanwhile, 85% of that same group report that if they saw others around them openly discussing periods they would feel more confident about their own.

This spring, we're shining a light on the stigma felt by many with our **It's Normal, Period** campaign. Running through Menstrual Hygiene Day on May 28, the campaign is creating a space for people to share their period stories, and promoting conversations around period health. Because when we openly discuss periods, we can start to talk about the period-related barriers that are getting in the way of gender equality. And we can help infuse a generation of young people with the extra confidence they need to transform the world for the better!

always



The ripple effect of your kindness can create **powerful waves**

Because she had a caring sponsor like you, Vince was able to stay in school and study to be a teacher. Now, she's going the extra mile to help her students continue learning during the pandemic.

"The village where I live is far from the nearest city and has no internet network or even electricity," Vince explains. Not wanting her students to fall behind, she created four study groups, traveling by foot four times a week for sessions with each group.

"Every child, wherever they are, has the right to an education. They deserve a better future. I have achieved my dream by becoming a teacher, now I want all the children I teach to have that too."

Vince's sponsor believed in her potential, and that made all the difference in the world. Thank you for being there for girls and children when they need you most.

In her words ...

POEM WRITTEN BY JOCELYNE

Jocelyne is a 15-year-old girl participating in Plan's Champions of Change program in El Salvador (translated from Spanish to English).

There are no moments of poverty,
If love is never lacking around the table,
There is no resentment or pain
When everyone hugs you with warmth

I know that it's very sad to feel alone,
But with hope there is no hate.
Dream of a fabulous world
And your life will all be joy

Never get depressed by a failure,
It's an advantage to walk slowly,
A defeat is not all of it
The overcoming is a great achievement

Never think about the past,
That will never change your destiny,
Look always in front of you,
Waiting for your new path

Positive thinking is a strength,
Dream as big as you see fit,
You are free in this life,
Extend your wings you are your guide

Champions of Change is a Plan program that uses soccer to educate boys about gender equality, while building girls' confidence. In this poem, translated from Spanish to English, Jocelyne writes words of encouragement for anyone feeling alone.

*No hay momentos de pobreza,
Si el amor nunca falta en la mesa,
No hay rencor ni dolor
Cuando todos te abrazan con color*

*Se que es muy triste sentirse solo,
Pero con esperanza no hay odio
Sueña con un mundo fabuloso,
Y toda tu vida será gozo*

*Jamás te deprimas por un fracaso,
Es una ventaja caminar despacio,*

*Una derrota no lo es todo,
El superarse es un gran logro*

*Nunca pienses en el pasado,
Eso jamás cambiará el destino,
Mira siempre enfrente de ti,
Esperando con ansias tu nuevo camión*

*Pensar positivo es una fortaleza,
Sueña en grande como te parecía
Eres libre en esta vida,
Destiende las alas tu eres tu guía*

You can help more girls with

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Plan International USA   
155 Plan Way • Warwick, RI 02886
800.556.7918 | planusa.org

