

Update on Daram

This is an update about life in the area of Daram, as seen through the eyes of the children and families who live there. Daram is made up of various communities and the situation and activities described are representative of the area as a whole.

This update was informed by children, parents and local leaders who joined various meetings, consultations, group discussions and programme reflections facilitated by Plan staff and joined by local partners in Daram.

We are happy and proud to tell you that last year, we were able to realize a number of projects and we would like to share with you how these have helped us and our area as a whole, few of which are highlighted below.

PROMOTING PROPER NUTRITION FOR CHILDREN: *"Health is the child's and family's wealth," our parents would always say. However, there are many factors that prevent many families from achieving good health, as malnutrition is still a problem in Daram. Last year, as a way to address the issue, a feeding programme was done in our area. With the support of our local government and Plan, a "Mobile Kitchen" was introduced. The mobile kitchen is a feeding project where our parents and village officials took turns conducting cooking demonstrations and feeding the malnourished children. Our parents also attended nutrition education seminars where they were taught proper food preparation and food handling. As children, we encouraged our parents to attend the sessions. When there were no classes, we took charge of the chores at home so that they can go to the sessions without worrying about the tasks. "My mother and I woke up early and prepared for the day. It was her first day to attend the reading session on nutrition so we went out together, me going to school, while my mother to the health centre where the session was conducted. It was a memorable experience," said Nikko, an elementary pupil. The reading sessions lasted for ten sessions. "I was happy seeing my mother receive the certificate during their graduation. I know the sessions helped her learn a lot," said Adelyn, another elementary pupil.*

PROVIDING BETTER HEALTH SERVICES:

"Our health centre saw some improvements this year as we were able to procure additional health equipment," said Jeffrey, son of a health worker. The health workers were also sent to training to improve their skills. With this improvement, the health workers in our area have become more inspired to attend to health cases referred to the centre. "After the training I gained confidence checking on the basic health status of the people. I am now able to take their blood pressure," said Madgelyn, a newly trained health worker. Health manuals were also given to the health workers as additional support. "I use the health manual given to us after the training as reference," added Madgelyn. In the village, a health board was put up where health information are posted.

Among us children, we participated in the health campaigns on proper hygiene and good grooming. We led demonstrations on the proper brushing of teeth, and on proper hand washing. This was emphasized as a means to keep children healthy and avoid diseases acquired from poor health and hygiene practices. We joined these activities and encouraged other children to participate as well.



Demonstration session on proper brushing of teeth, good grooming and proper hygiene

EFFECTIVE PARENTING. Parent Effectiveness Seminars were also done, which were attended by our parents. This was meant to improve our parents' skills and strengthen relationships in the family. Myra, a mother said: *"We learned proper discipline for children. It helped improve our relationship at home."* We



Parents complete nine modules of parenting sessions

noticed that after the training, parents have become more sensitive to the feelings of their children. We observed that shouting at children has also lessened.

PROTECTING CHILDREN FROM ABUSE: Village Councils for the Protection of Children were also trained on children's rights. This helped them appreciate the value of consulting us children and considering our views. As a result, the council members have improved their performance and they are now attentive to the issues brought to them by the residents. They actively attend to reported cases of abuse and refer them to the Daram Women and Children's Desk. An Anti-trafficking campaign in schools and villages was also launched. Because of this, many children have become active in informing

fellow children about the dangers trafficking. We participate in the campaign by telling others about the importance of reporting cases of child abuse. For the past year, 7 cases of child abuse were reported and help was extended to them.

TRAININGS FOR CHILDREN'S GROUPS: Training for us children was also done. Last year, some children from our area attended training on radio broadcasting. *"As children, were not confident to talk and express our concerns. But when I attended the training for little radio broadcasters, I felt confident to speak and voice out our concerns in public. We are thankful to Plan and the media people who trained us,"* said Stephanie, a trained child broadcaster.

SCHOOL ASSISTANCE: *"The project helped and motivated us to do good in our studies. We were provided with the things we need in school. Through the assistance, our parents were relieved of the worries about where to get the money to buy our school supplies,"* said Vlamar, one of the students who was supported by the programme. Aside from school supplies, students who live very far from school were provided subsidies for boarding houses and transportation expenses. We participated in consultations done to identify the types of school materials to be provided and in identifying the beneficiaries of the project. Last year, some 3,214 girls and 3,229 boys in the elementary were supported while 500 girls and 460 boys in high school benefited. We were also able to construct a school building equipped with school furniture. We helped monitor the progress of the construction.



Students are consulted on projects to be implemented.

PLANS FOR NEXT YEAR: For next year, we will expand our school assistance programme to reach out to more children. We are also targeting to establish a Crisis Centre to facilitate handling and resolution of child abuse cases. The training of different groups on how to manage projects will also be done to allow greater participation of the people in Daram.

-----This document was reviewed and edited by Plan Staff-----