

# 3 WISHES FOR OUR FUTURE



INTERNATIONAL DAY OF THE GIRL CHILD 2024

The theme for this year's campaign is 'Girls' vision for the future'. As we interact with girls across Nepal through our various programs we recognise the struggles they face and the potential they hold. This year we want to highlight 3 wishes that can improve their lives and futures in a significant way.

## I wish for a future where I live freely in a safe and violence-free environment.

Girls want a future where they feel safe, secure, and dignified, however 23% of women aged 15–49 have experienced physical violence since aged 15.<sup>1</sup> This includes physical violence, sexual violence and harassment. Data shows that women's experience of physical violence increases sharply with age, from 12% among those aged 15–19 to 29% among those aged 40–49. This alarming reality highlights the urgent need for systemic changes to ensure their safety.



## I wish for a future where my health is protected.

In Nepal, one in four girls miss school during menstruation due to the lack of access to sanitary products and adequate facilities.<sup>2</sup> Currently, only 30% of schools have proper menstrual hygiene management resources. Comprehensive education programs, improved access to sanitary products, and supportive policies are essential to ensure every girl can manage her menstruation with dignity and without disruption to her education. In rural areas, where 45% of the population lives,<sup>3</sup> health facilities are often scarce, limiting access to the full spectrum of sexual and reproductive health rights. Many girls in these regions are at higher risk for issues like pelvic organ prolapse, cervical cancer, and unplanned pregnancies as they get older.



## I wish for a future with countless opportunities.

Girls face significant challenges in accessing education and realizing their full potential. Studies show 15.4% of females aged 5-44 in Nepal have never attended school with higher dropout rates observed during adolescence due to factors such as child marriage, household responsibilities, lack of gender-friendly school environments, and financial difficulties.<sup>4</sup> In secondary school 32% of girls drop out before completing grade 10.<sup>5</sup> Literacy rates are lower among women (69.4% compared to 83.6% for men)<sup>3</sup> resulting in fewer opportunities for women. Girls who are literate are able to gain a higher economic status and provide for their families, raise healthier families and impact their communities.



## ADRA Nepal's Interventions:

- Through advocacy, GESI training and community engagement, we are working towards a future where violence is eradicated, and every girl can live without fear, empowered to reach her full potential.
- We have initiatives focused on adolescent health protection ensuring girls have access to healthcare and can lead healthy and prosperous lives.
- Our sponsorship program identifies children at risk of dropping out of school and those needing financial support. We strive to remove some of the barriers to education, and provide enabling environments for girls to thrive.

References: 1. Nepal Demographic Health Survey (NDHS) 2022 2. The Menstrual Health Management Study 2021 3. CBS 2021 4. Nepal Living Standard Survey (NLSS) 5. Ministry of Education's 2020 Report