



# EMPOWER ♀ TO ♂ PLAN



**LOCAL FUNDING GLOBAL IMPACT**





# EMPOWER TO PLAN

**POPULATION MATTERS' VISION IS OF A FUTURE IN WHICH HUMANITY CO-EXISTS IN HARMONY WITH NATURE, RECOGNISES AND RESPECTS ECOLOGICAL BOUNDARIES, AND PROSPERS ON A HEALTHY PLANET.**



**Empower to Plan (E2P)** is Population Matters' grassroots funding programme which partners with local organisations around the world that are delivering **rights-based family planning, healthcare and education services**. In our partnerships, we offer small-scale grants to projects providing **practical, positive and pro-choice solutions** to social and environmental problems.

We partner with grassroots NGOs that align with our mission and vision and share **Population Matters' commitment to human rights, women's empowerment and global justice**. We prioritise partner organisations led by and representing women and also recognise, support and welcome partnerships with projects working with boys and men to achieve gender equality.

The projects we seek to support through E2P provide ethical and uplifting on-the-ground community solutions to population-driven environmental problems, addressing two or more of the following issues in order to improve lives, safeguard human rights and protect the natural world:

- Sexual and reproductive health and education
- Gender and environmental justice
- Family planning
- Youth, girls' and women's empowerment
- Environmental education and climate adaptation, resilience and mitigation
- Species and/or habitat conservation

# OUR VISION

A healthy planet that can sustain a decent quality of life for all; a world where there is no unmet need for family planning and where women can enjoy full gender equality and reproductive rights



When women are empowered with the contraception, knowledge and freedom to take control of their fertility, a natural fall in birth rate follows

By lowering birth rates worldwide through positive, voluntary and ethical means, we can slow down population growth, thus improving livelihoods, strengthening climate resilience and ensuring the protection of the planet and its ecosystems

# OUR MISSION

Enable grassroots organisations across the world to empower women, girls and entire communities to have full sexual and reproductive health and freely exercise their reproductive rights



## Na'leb'ak

Na'leb'ak is a team of local change-makers that empowers girls and engages communities about family planning in rural indigenous Guatemala



Between October 2021 and February 2022, a £5,500 grant from Empower to Plan ensured that:

**100** girls and women took part in weaving classes to strengthen women's socioeconomic independence and Indigenous cultural heritage

**80** girls participated in decision-making, bodily autonomy, sex education and life skills workshops for 6 months

**65** Maya Q'eqchi' women received seeds and capacity-building to grow organic gardens in three of the communities worst impacted by Hurricanes Eta and Iota



### Guatemala Facts and Figures

- 30% of Guatemalan girls are in a union before they turn 18
- The adolescent birth rate is 78, versus 41 globally\*
- 50% of Guatemalan women experience severe food insecurity
- 75% of indigenous people live in poverty

\*The annual number of live births to women aged 15-19 years per 1,000 women in that age group

*"We are focused on transforming the negative gender dynamics that affect girls, so that they can make their own decisions and so that in the long-term, there is a reduction of early or forced marriage and unwanted pregnancy. The implementation of this programme is important for girls to be able to learn about their rights and sexuality."*

Karla Rax,  
Programme Coordinator,  
Na'leb'ak, Guatemala

## Rajasthan Rising

Rajasthan Rising is a collective of 5,000 girls leading campaigns to end child marriage in India.



Between February and August 2022, a £5,600 Empower to Plan grant enabled:

**225** girls' engagement in social change projects

**17** community-based campaigns on menstrual health and girls' access to education

**100** community meetings, engaging 600 people

**6** months' training on sexual and reproductive rights and climate justice

Vineeta Meena:  
Rajasthan Rising leader and Population Matters Young Campaigner Change Champion



### Rajasthan Facts and Figures

- 1.5 million girls under 18 get married in India each year
- 40% of women in Rajasthan have never attended school
- Rajasthan has the highest rate of child marriage in the country

*"We want to thank you for your support of this programme, which has really helped us build more leadership among young girls calling for education and empowerment for all girls across Rajasthan. They are now a strong voice against child marriage and gender-based discrimination in their villages."*

Noor Mohammed,  
Director of Alwar Mewat Institute of Education and Development, Rajasthan Rising's Incubator NGO

## Afghan Family Guidance Association

**Where:** Kabul, Afghanistan

**What:** Discrimination-free sexual and reproductive healthcare

**How:** £6,620 funded 1-2-1 counselling sessions with midwives in three family planning clinics in public hospitals



## Family Medical Point

**Where:** Abaita Ababiri, Uganda

**What:** Safe reproductive healthcare for marginalised fishing communities

**How:** £5,000 funded community conversations on family planning, contraception and gender based violence with 1,759 people and enabled reproductive healthcare access for 725 young people



## The Awakening

**Where:** Swat District, Pakistan

**What:** Engaging children, men and religious leaders on women's rights and essential healthcare

**How:** £5,995 funded girls' and boys' groups for 200 children, the Empowering Girls as Agents of Change programme for 30 young leaders, 24/7 safe abortion phone hotline and four training sessions for religious leaders



## Komb Green Solutions

**Where:** Korogocho, Kenya

**What:** Environmental regeneration and family planning

**How:** £5,000 funded river clean-ups, sanitary and protective equipment during COVID-19. A follow-up campaign supported flood defences, kitchen gardens and family planning workshops for former sex worker



## Dandelion Africa

**Where:** Nakuru, Kenya

**What:** Engaging men and boys on the importance of family planning

**How:** £3,400 funded peer-to-peer training on sexual and reproductive rights and female genital mutilation for 20 men



## Turimiquire Foundation

**Where:** Cumaná, Venezuela

**What:** Family planning and education, sustainable livelihoods and community development

**How:** £6,125 funded 40 sex education sessions in seven rural schools



## EPIC You Before Two

**Where:** Scotland and Northern England, United Kingdom

**What:** Empowered youth leaders for healthy relationships and gender equality

**How:** £4,000 funded a pilot project between two youth engagements organisations, reaching 24 young people with interactive workshops on consent, contraception and 'the planned wanted child'



## Women for Conservation

**Where:** Santa Marta, Colombia

**What:** Family planning, conservation and women's empowerment in biodiversity hotspots

**How:** £6,000 funded environmental education training for 656 young people and family planning clinics for 132 women, in partnership with Profamilia



**Achieving gender equality** will make the world a healthier, happier place and is crucial to making lasting environmental progress, particularly as empowering women increases their adaptation and resilience capacity in the face of worsening climate shocks. Climate change has a disproportionate impact on women and girls as well as low-income and vulnerable communities.

**But we can take action and create change.**

Through our **Empower to Plan partnerships**, we at Population Matters are taking tangible steps towards a future in which we all **live better and more equitably within our planet's ecological boundaries.**

*“When family planning focuses on healthcare provision and meeting women’s expressed needs, empowerment, equality, and well-being are the result; the benefits to the planet are the side effects.”*

Project Drawdown

## Empower to Plan is part of Population Matters’ long term strategy:

- Ensure that it is culturally acceptable, practically possible and personally desirable for people across the world to choose smaller families if they wish
- Promote recognition and acceptance that the ‘population factor’ is key for easing the climate and biodiversity emergencies and boosting human wellbeing
- Have a positive impact globally



Family planning clinic with Profamilia and Women for Conservation, Colombia



Sex education workshop with Youth Voice Network of Organisations, Albania



Afghan Family Guidance Association family planning counselling session, Afghanistan



Turimiquire Foundation’s campaign for comprehensive sexuality education, Venezuela



Engaging men and boys in gender equality, The Awakening, Pakistan

We invite donations to our partners' projects through online crowdfunding.







Donate to

**EMPOWER  
TO PLAN**

- Empower women and girls to have full bodily autonomy and free choice of family size
- Facilitate sustainable local development and environmental protection
- Feel confident that your support will directly enable community-led grassroots action on the ground via a trusted UK charity
- Be part of the solution!



Population Matters,  
The Chandlery,  
50 Westminster Bridge Road,  
London SE1 7QY  
Reg. charity: 1114109  
Tel: 020 8123 9116

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