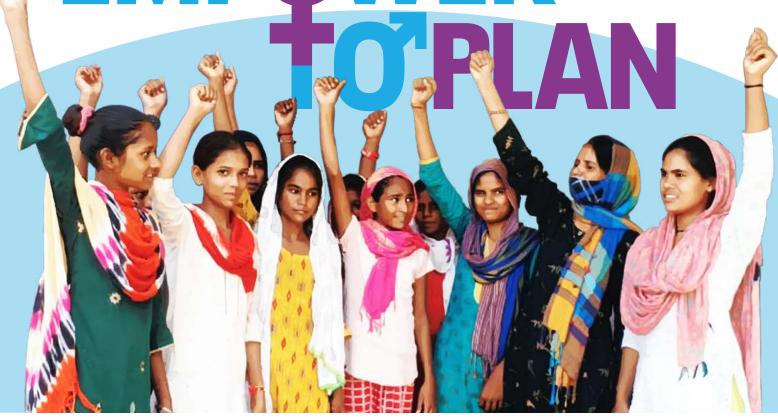




EMPQWER





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

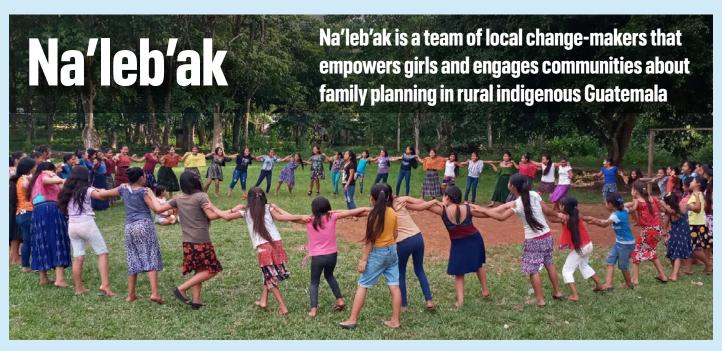
OUR MISSION

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





EMPOWER TO'PLAN PARTNERS



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

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

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

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



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



EMPOWER TO'PLAN PARTNERS



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

girls' engagement in social change projects

community meetings, engaging 600 people

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

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



EMPOWER TO'PLAN PARTNERS

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



EMPOWER TO PLAN

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 communityled grassroots action on the ground via a trusted UK charity
- Be part of the solution!









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