EMPOWER LOCAL FUNDING GLOBAL IMPACT
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.

populationmatters.org/empower-to-plan
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

To read more about Na’leb’ak visit: populationmatters.org/nalebak
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

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

To read more about Rajasthan Rising visit: populationmatters.org/rajasthan-rising

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

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

To read more about Empower to Plan and our partners, visit: populationmatters.org/empower-plan-project-showcase
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
We invite donations to our partners’ projects through online crowdfunding.

Donate to

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!

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