



Protection from Violence

A snapshot of our evidence from 2025



Through our global strategy All Girls Standing Strong, Plan International works in over 80 countries and focuses programming in six priority thematic areas, as well as responding to humanitarian emergencies. We stand with girls to tear down barriers, save lives and build a world where equality for girls leads to progress for all.

A 17-year-old is fighting for justice and equality in La Paz, Bolivia.

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Plan International’s focus in protection from violence is on ensuring that children and young people, particularly girls, grow up free from violence, fear or discrimination. Core focus areas include:

- Working with children, young people, families and communities to ensure that children live in **safe and protective environments**.
- Supporting **protection services** for children, adolescents and youth who have experienced violence.
- Working with **governments, service providers and other duty bearers to strengthen capacity and coordination, policies and legal frameworks for protection**.
- **Tailored services for children who are at increased risk**, such as those impacted by child labour and who are on the move.

Learn more about our work [here](#).

Key insights:

Our programming and the global context

01 Despite global commitments, violence against children and gender-based violence remains a stark challenge.

Over one billion children are estimated to experience violence annually, with girls, children with disabilities and those from marginalised groups most at risk. Nearly 1 in 4 adolescent girls experience violence by an intimate partner in their lifetime. Climate change, digital technologies and conflict exacerbate risks.

02 In this context, the fundamental importance of our programming to prevent and respond to violence is clearer than ever.

This year, we operated at scale to reach over 11 million children and adults, including 3.4 million girls, through our protection from violence programming. This included supporting families and communities to keep their children safe, working with teachers, social services and other providers in strengthening child protection systems, and providing direct services to survivors and those at risk.

03 Programming with young people and their families this year saw good gains across various domains.

There were tangible improvements among children, adolescents and youth in terms of knowledge of risks, protective behaviours and how and where to get information and services. Improvements in positive parenting practices was also a strong theme, reinforcing the role of caregivers in preventing violence and access to support. We also saw how young people participate in our projects but also drive change through raising their voices on the issues that are important to them.

04 Through our work on services for prevention and response to violence, outcomes were strong for both community-based and formal services.

Research continues to underscore the importance of multisectoral approaches to effectively prevent and respond to violence.

05 Influencing remains critical to long-lasting change, including to respond to emerging risks.

It's vital that we continue to work with governments, partners, communities and other duty bearers to drive changes in the policy environment to prevent and respond to violence. Engagement with diverse stakeholders – including technology companies – is increasingly critical to respond to emerging risks. This includes ensuring that the voices of girls and young women are central to the discourse around the design and regulation of new technology, to ensure it is safe and inclusive.

2025 figures at a glance

Our global reach footprint in protection from violence¹

3.4 million girls

reached with gender-sensitive protection.

11.8 million children and adults

reached with protection from violence programming.

94% of sponsored children

have their births registered, which is vital for access to essential health, education and protection services.²



Examples of our results across projects^{3,4}

Supporting parents and families to keep their children safe



85% of the parents and caregivers

we spoke to this year reported using positive parenting practices, helping to create a safer environment for children. Projects met or exceeded their stated goal for improving parenting, with an average achievement of **166% of targets**.⁵

Direct provision of services for survivors and those at risk

117,164 people at risk, including over **80,000** children were provided with protection services through projects in 27 countries including »



19,172 people, mostly children and adolescents, received quality case management services in 17 countries.

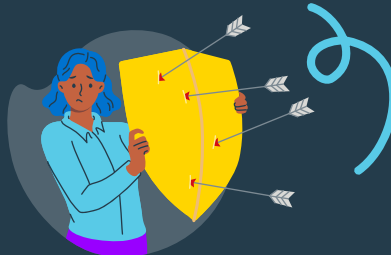
23,978 survivors of gender-based violence

received support in 17 countries.



Broader protection support and referral services to

71,442 people in 13 countries.



Strengthening existing services to prevent and respond to violence



Projects in 32 countries trained

13,039+ providers, including **teachers, social service and case workers**, who have a vital role to play in **keeping children safe**.

Projects in 18 countries supported the establishment or **strengthening of**

1,477 community-based child protection mechanisms, which are **community-owned initiatives that help prevent and respond to violence**, particularly against children.



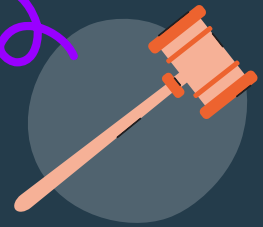
Advocacy for ending violence against girls⁶

70 influencing successes

reported in our work on **ending violence against girls**, including »

31 changes or developments

in laws, policies, regulations or guidelines around girls' rights.



7 commitments

on investment, budget, expenditure, systems or services which will contribute to girls' rights.



1. Based on annual reach reporting by country offices, July 2024 to June 2025.
2. Sponsorship Survey data from 1.18 million surveyed children, July 2024 to June 2025.
3. Results are aggregated based on data reported by projects this year, including both those operating in development contexts and those responding to crises. They represent a sub-set of overall reach figures since they are specific to particular project activities and depend on individual project reporting cadence. Best efforts have been made to adjust for double counting during the aggregation through careful review and adjustment where projects have reported more than once during the year. For specific data related to humanitarian programming, please refer to the Humanitarian Snapshot for 2025.
4. Project performance against targets was calculated and reported for global outcome indicators that are part of the dataset available this year. Where multiple data points had been reported by a project, an average was first calculated per project. The average performance across projects was then calculated as a mean.
5. Monitoring data from 5290 parents and caregivers participating in 25 projects.
6. Based on annual reporting against our [Global Advocacy Strategy](#), July 2024 to June 2025.

What are some of the key issues?

Selected findings from research



A 13-year-old from Haiti has experienced sexual harassment since being displaced.

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Despite global commitments under the Sustainable Development Goals, over one billion children are estimated to experience violence annually,⁷ with girls, children with disabilities and those from marginalised groups most at risk. Nearly 1 in 4 adolescent girls (aged 15 to 19 years old) experience violence by an intimate partner in their lifetime, at least 200 million girls and women have undergone Female Genital Mutilation and 12 million girls are married each year during childhood.^{8,9} Climate change, digital technologies, and conflict exacerbate risks of gender-based violence and violence against children, increasing exposure to forced marriage, trafficking and online sexual exploitation. Evidence shows that violence against children has severe health, educational and economic consequences, yet data gaps persist, especially around non-contact and technology-facilitated abuse. Evidence underscores the need for systemic and multi-sectoral approaches – with gender as a core focus – for the prevention and response to violence, including in schools and digital spaces.

Investing in child protection and gender-based violence prevention leads to healthier, more equitable societies where all individuals can thrive free from violence, abuse, exploitation and discrimination. In addition, it makes economic sense as overall costs of violence are as high as 11% of the national gross domestic product.

United Nations, Office of the Special Representative of the Secretary-General on Violence Against Children. 2025. *Building the investment case for ending violence against children.*

In humanitarian contexts, funding cuts are having devastating impacts on child protection services. A 2025 survey revealed that over 1.1 million children across 23 countries have been directly affected, with services suspended, staff laid off and critical interventions halted. Local and national non-government organisations are disproportionately impacted, and the loss of cross-sectoral services, such as those in education, health and gender-based violence, further compounds risks to children.¹⁰

7. WHO. 2022. [Violence against children – key facts.](#)

8. UNICEF. 2025. [Girl Goals: What has changed for girls? Adolescent girls' rights over 30 years.](#)

9. United Nations General Assembly. 2024. [Annual report of the Special Representative of the Secretary General on Violence Against Children.](#)

10. The Alliance for Child Protection in Humanitarian Action. 2025. [Briefing Note: Global impact of funding cuts on children and their protection in humanitarian contexts.](#)

Plan International's research underscores the pervasiveness and complexity of violence, particularly sexual and gender-based violence and violence against children. Gender-based violence (including intimate partner violence, violence against women and girls and harmful norms) and exploitation are deeply rooted in patriarchal norms, economic insecurity and systemic service gaps. It is especially acute in contexts of conflict and displacement, where violence becomes both a cause and consequence of mobility.

“Some man with a baby in his arms was touching my buttocks, then my stomach, then even higher. I turned to this man and he was looking at me with a smile on his face. I told my friends later and they said it was horrible. I never told my parents.”

Girl, 15 to 19 years old, Poland¹¹

Emerging evidence highlights the intersection between climate change and protection risks. In the Sahel, climate-induced displacement and economic hardship are driving increases in child marriage, transactional sex, and school dropout among girls. Girls are leading local adaptation efforts and demand inclusive, gender-transformative climate responses that uphold their rights and agency.

“With low farm incomes, we are plunged into poverty. Some families are forced to give their children away in early marriages to free them from the burden of dropping out of school.”

Adolescent girl, 15 to 17 years old, Guinea¹²

Children face multifaceted risks, with girls disproportionately affected by sexual violence, child marriage, and exploitation. In Bolivia, over half of reported child abuse cases involved sexual violence, while in Ukraine, institutionalised children with disabilities were found restrained and neglected.

“Some of these girls and boys are tied down or left in beds without any activity, kept in the dark, poorly ventilated rooms with insufficient staff, resulting in unpleasant odours ... The staff members working in institutional care lack the necessary resources and knowledge to address this behaviour, leading them to restrain the girls and boys for most of the day. Immediate action is needed to locate and ensure the safety of girls and boys in remote facilities.”

Female representative from a local Civil Society Organisation working with adolescents, Ukraine¹³

Girls on the move are exposed to intersecting risks, including trafficking and abuse in shelters.

Online violence and digital harms are a growing concern. This includes technology-facilitated gender-based violence, with girls reporting high exposure to unwanted sexual content, cyberbullying, and impersonation. These experiences often lead to anxiety, depression, and withdrawal from digital spaces. Despite this, girls show digital resilience, though institutional support remains weak.

75% of girls surveyed had experienced harmful online content

44% of girls had received unwanted sexual images

37% of girls had received inappropriate sexual messages

Statistics from *Building Digital Resilience: Girls and Young Women Demand a Safer Digital Future*

11. Plan International. 2024. [Adolescent Girls in Crisis: Voices from Ukraine, Poland and Romania](#)

12. Thebaud-Bouillon-Njenga, N., Onyango, L. A., Cantor, A. & Kamagaté, A. 2024. [Study on the gendered impact of climate change on adolescent girls and young women in the Sahel: multi-country analysis in Burkina Faso, Guinea, Mali, Niger and Nigeria](#). Plan International and her.

13. Plan International. 2024. [Adolescent Girls in Crisis: Voices from Ukraine, Poland and Romania](#)

“ A situation happened to me. An adult man sent me intimate photos. It was very uncomfortable. A boy a little bit older than me also wrote to me and offered me intimate things. We knew each other in real life, but he found my profile and started writing these things.”

Girl, 15 to 19 years old, Poland¹⁴



Two girls from Vietnam use a mobile phone to sign a girls' petition to prevent the spread of disinformation online.

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“ Internet is now quite a lot toxic. And [the] internet destroys people's mental health.”

Girl, 15 years old, Philippines¹⁵

Our research highlights the need to embed digital literacy and online safety into education systems and public awareness efforts, ensuring children, educators, and families are equipped to navigate digital spaces safely. Strengthening reporting mechanisms, reforming legal frameworks, and fostering multi-stakeholder collaboration – including meaningful involvement of girls and young women – can drive more accountable, inclusive, and protective online environments.

Legal, cultural, and institutional barriers continue to hinder access to justice. Survivors face stigma, financial dependence, and fear of retaliation. Research this year highlighted examples in Asia-Pacific where vague laws around intimate partner violence enable impunity, while in Europe girls report being dismissed by police and blamed for violence. LGBTQIA+ individuals face compounded risks due to systemic discrimination and unsafe asylum procedures.

Despite growing recognition of the need for multi-sectoral approaches, significant gaps persist in coordination, capacity and legal frameworks. Protection services for children and adolescents on the move show promise but remain fragmented. Holistic models like Casa YMCA in Mexico offer integrated care, but coordination gaps and funding cuts undermine service continuity. Women's rights organisations are often central to gender-based violence responses but operate with limited, inflexible funding. National strategies often lack implementation and resourcing.

Effective protection requires not only legal and policy reform, but also sustained investment in coordination, capacity, and survivor-centred systems that uphold the rights and agency of women and girls. International frameworks also frequently homogenise women and girls, failing to account for age-specific vulnerabilities and intersectional identities. Migration policies focused on deterrence increase risks of trafficking and gender-based violence. Reports call for stronger collaboration, pooled funding, and recognition of girls as distinct rights-holders.

Reports also highlighted how terminology plays a key role in access: in some contexts, the word “shelter” carries punitive connotations, deterring children and youth from seeking help. Reframing these spaces as “safe houses” or “welcome centres” was suggested to foster greater trust and help increase utilisation.

14. Plan International. 2024. [Adolescent Girls in Crisis: Voices from Ukraine, Poland and Romania](#)

15. Plan International and CNN. 2024. [Building Digital Resilience: Girls and young women demand a safer digital future](#)

What have we learned?

Selected findings from evaluations

We reviewed 50 evaluations of Plan's protection programming this year, covering 30 countries in all five of our regions.

There was good evidence of shifts in knowledge about child protection among children, adolescents and youth from a substantial number of evaluations this year. There were tangible improvements in knowledge – including around risks and protective behaviours, and where to get information and services. These shifts are critical to increase awareness and empower children and young people to recognise, avoid and report harmful situations, which is key to prevent violence and promote safety. Key factors for success included provision of safe spaces and peer-based group models, age-appropriate life skills and training (including through [Champions of Change](#)) as well as structured psychosocial support. Results in life skills, behaviours and practices were also generally positive, albeit from fewer projects.

For example:

- Knowledge of where to get information and services before, during and after a crisis increased (across all age groups and both host and internally displaced groups) from 40 per cent to 90 per cent in *Empowering Adolescent Girls to Address Gender-Based Violence* in Nigeria. The project addressed fear and hesitation among younger adolescents by using structured psychosocial support, age-appropriate life skills sessions to equip adolescent girls with essential tools to cope with adversity and build resilience, and safe spaces for peer support and mentorship. Integrating psychosocial components into vocational training empowered girls with practical coping skills, while positive parenting sessions strengthened family support systems.



A young woman and her mother at their home in the Banke district of Nepal.

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- *Adolescents for Change* in Ethiopia saw confidence in life skills increase from 63 per cent to 70 per cent which represented a statistically significant improvement for girls. Young people applying positive practices that promote wellbeing, health and safety also showed a statistically significant improvement from 59 per cent before the project to 76 per cent at the end.

Improvements in positive parenting practices, which are vital to support in keeping children safe, was also a strong theme. For example, through *Adolescents for Change* in Ethiopia, there were significant improvements in how young people perceived their interactions with their parents (from 52 per cent reporting positive interaction at the start of the project, to 80 per cent at the end) and how parents and caregivers perceived their own parenting (73 per cent reported positive parenting practices at the end of the project, a statistically significant 16 percentage point increase from the start). Key enablers to success across projects related to work with local leaders, intergenerational dialogues, positive parenting training and other group-based parenting support models aiming to reduce risks of violence and improve child wellbeing. Attitudes around violence among parents, caregivers and community members showed positive trends, but were only measured in a small proportion of reports. Barriers to success, which are important to consider in future projects, included low male participation, residual stigma and – most commonly – a need for deeper and sustained engagement to address entrenched beliefs and practices and gender norms related to violence.

Sustained Changes in outcomes on violence against children and intimate partner violence after *REAL Fathers*, Rwanda

REAL Fathers engages fathers who are parenting young children and was designed to reach young men before social norms related to gender roles and their expectations, attitudes, and behaviours related to relationships are established. Designed as a community-based mentoring program, young fathers are engaged in one-on-one, couples, and group mentorship, supported by a community poster campaign and celebration event.

A follow up study was conducted to assess whether changes were sustained 18 months after the end of the *REAL Fathers* project in Rwanda, with generally positive findings.

Violence against Children

Use of violent discipline against children under five saw significant reductions for men and women between the start and end of the project. At follow-up, there was still an overall improvement – for example, the changes in use of physical and harsh violence by men against children declined between the start and end of the project, and this improvement was still evident after 18 months. The only negative trend was a rebounding of levels of emotional violence used by women on children under five to rates similar to those at the start.

For factors that can be associated with violence (including individual attitudes and social norms, confidence in handling children under five without resorting to violence and positive parenting practices) there were large and continuous



A member of the Real Fathers' Club in Ghana with his six daughters.

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improvements in attitudes toward violence against children and the engagement of men in childcare, household work, nurturing care and positive reinforcement, according to both men and women.

Finally, there were increases in the proportion of men thinking that violence against children was common in their communities at follow-up, but they reported continuous improvement in the belief that that individuals who are important to them did not agree with this practice. Among women, there were good improvements in social norms measures which were maintained after the project had ended.

Intimate Partner Violence

Use of violence against a female partner by the male partner in the previous three months showed significant improvements in all types of intimate partner violence from the start to the end of the project (according to both men and women). At follow-up, there was mostly a maintenance of these behaviours. Both men and women reported significantly improving perceptions of relationship quality across the three waves, and men reported continually improving attitudes that violence against an intimate partner was not justified under any circumstance.

Through our work on multisectoral services for prevention and response to violence, outcomes were strong for both community-based and formal services. We work to strengthen community-based mechanisms that help prevent and respond to violence, particularly against children. Positive results (achieving or exceeding goals) linked to our work with these locally-owned initiatives were clear from most of the reports that focused in this area, most commonly linked to capacity building activities in communities. For example, by the end of the *Empowering Adolescent Girls to Address Gender-Based Violence* project in Nigeria, over 90 per cent of community-based child protection mechanisms met minimum quality standards and over 90 per cent of community structures were confident in responding and managing cases of violence. In another project in Nigeria, community satisfaction with the responsiveness of community-based mechanisms reached 100 per cent by the end of the project. However, structural challenges remain, including a lack of funding, which requires continued engagement with government, funders and other duty bearers.

Results were also strong in terms of building up the skills and capacities of formal service providers. Strengthening services is essential for early identification of cases and timely response and attention. Progress was often linked to staff training, and in particular a focus on training that includes practical examples and real-life scenarios. For example, as part of *Learn and Stay Protected* in Nigeria, 96 per cent of trained social workers demonstrated key competencies required to identify and respond to cases of sexual and gender-based violence, which was an overachievement against the goals of the project in this area. The main barriers relate to human resource constraints and in some cases the duration or completion of training.

Similarly, trends in both the quality of case management and care for survivors of violence were positive. The most common enablers were holistic wrap-around support (for example, combining case management, psychosocial support and economic empowerment) and an emphasis on work with health services and teachers on referral pathways. For example, by the end of the *Empowering Adolescent Girls to Address Gender-Based Violence* project in Nigeria, all reported incidents were receiving quality case management support, which was an overachievement against the project goal.

“ Before, if a girl was abused, she would hide it because people would blame her. But now, we know it is not her fault, and she can go for help without shame.”

Focus group discussion with adolescent girls, Camp for internally displaced people, Nigeria

Projects evaluated this year have been responding to diverse risks. This included working with internally displaced people, refugees and host communities and other protection programming in protracted crises, a focus on child labour in South Sudan, with survivors of child trafficking in Burkina Faso or to respond to climate risks. As a key outcome, projects are showing improvements in wellbeing after psychosocial support interventions. For example, in Nigeria, the psychosocial services provided through safe spaces and counselling sessions contributed significantly to the wellbeing of adolescent girls. 91 per cent of children reported changes to their wellbeing as a result of structured psychosocial support. Trained counsellors were seen as playing a key role in providing individual and group counselling sessions, enabling adolescent girls to cope with trauma and build resilience. This support has helped girls develop the psychological tools they need to deal with the trauma of displacement and gender-based violence. Survivors reported improvements in coping mechanisms and emotional resilience, with many attributing their recovery to structured psychosocial interventions.



Girls in solidarity at a community-based learning centre in Bangladesh.
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A 15-year-old is taking strides to prevent violence in her community in Peru.

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For example, through *Safe Online* in the Philippines, by the end of the project the awareness of self-protective measures against online exploitation was at 97 per cent, an overachievement against target. There were also barangay (local government) ordinances that formalised reporting and referral mechanisms for online exploitation cases, and the integration of digital safety protocols into school systems which are critical to institutionalise protective measures for children in online spaces. Successes of the project were linked to the effectiveness of targeted activities, such as workshops, school-based seminars and peer-to-peer education. These interventions focused on practical skills such as recognising grooming behaviours, using privacy settings on social media, and understanding reporting mechanisms for incidents. Youth leaders actively participated in events like Safer Internet Day, raising awareness about online safety and advocating for protective measures within their communities and schools.

“ From now on, I will must [sic] find out who that person is. If I do not know him/her, then delete his/her account. I pay more attention to online safety. I used to make friends and text with strangers, but now, after being trained, I’m not doing like that anymore.”

Male student, Quang Binh, Vietnam

“ Before the project, I used to feel alone with my problems, but now I have learned how to talk about my fears and feel supported by other girls and mentors.”

Focus group discussion with adolescent girls, Bama, Nigeria

Online violence and digital harms were also a focus of two evaluations in the Asia-Pacific region. While some barriers were evident in terms of relevance to the programming for some groups (for example, those in rural areas) overall there were good results in building awareness around risks and protective behaviours that can reduce vulnerability as well as in supporting improvements in the enabling environment in both Philippines and Vietnam.

Projects are effectively adapting to ensure continued responsiveness to community needs, which is essential for maintaining access to services and ensuring adequate and on time responses in changing contexts. For example, during Plan International’s *Ukraine Response*, an evolving understanding of community needs for social assistance led to the formation of a specialized group of professionals to strengthen the quality of services provided – for example, hiring psychologists and additional social workers. In Colombia, Ecuador and Peru, the *ELLA* project dealt with a number of changing external conditions (including security issues, political instability and climate challenges) that required adaptations to ensure the continuity of benefits to the population. Examples of changes put in place by the project included changes in geographic footprint and to methodologies (bringing in learning) in Colombia and an expansion of sexual and reproductive health and gender-based violence prevention care for girls and young women in Colombia, reducing barriers such as waiting times and need for documents.

We also saw progress in terms of influencing goals that are critical for long term, sustained change in protecting children and young people – especially girls and young women – from violence. For example, this year:

- In the USA, the **Take It Down Act** was passed - the first U.S. legislation specifically designed to make the internet safer for women and girls. The law mandates platforms to remove deepfakes, revenge porn, and other harmful content within 48 hours of reporting, and criminalizes such acts. This breakthrough followed years of strategic advocacy led by Plan International USA, including the publication of three influential reports and sustained engagement with the White House, State Department, USAID, and Congress. Youth Advisory Board members played a key role, participating in eight consultations with the administration and numerous meetings with lawmakers.
- In November 2024, Plan International played an important role in shaping outcomes at the **Global Ministerial Conference on Ending Violence Against Children (EVAC)** in Bogotá. Through coordinated efforts across 16 offices, Plan International mobilized national coalitions and influenced government pledges, contributing to the launch of the Pathfinding Global Alliance 2.0, a major step forward in state-led action to EVAC. Plan International also co-hosted five high-level thematic events with governments and multilateral agencies, spotlighting issues such as harmful practices, social norms change, and adolescent girls' participation. Meaningful child participation was central, with girl activists joining the official children's delegation and engaging directly with policymakers. Changes were also felt at the national level – for example, the Benin delegation adopted ten commitments, formally endorsed by the Council of Ministers
- In February 2025, the African Union Assembly adopted **the African Union Convention on Ending Violence Against Women and Girls**, which is a landmark treaty that establishes a comprehensive legal framework to eliminate violence against women and girls across public, private, and digital spheres. The Convention introduces specific and measurable state obligations and mechanisms. Plan International played a leadership role in consultations and strategy meetings, co-developing a post-adoption roadmap for ratification. The Plan African Union Liaison Office was later invited to join a working group to champion implementation, ensuring youth and survivor voices are central.



An 18-year-old is standing up for the rights of girls in Mozambique.

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Where we need to keep going deeper ...

The evidence available this year has informed insights which are relevant for Plan International but also the wider sector, in terms of how investment is targeted and how programmes are designed, to achieve gains in protection from violence:



Targeting, tailoring and measurement of the impact of our programming with diverse and vulnerable groups

Clear targeting and selection, as well as tailoring of interventions – with associated resourcing – is required to respond to the needs of groups who face a dual challenge of often being most at risk but with the most barriers to access. This includes populations that are on the move, different ethnic groups, LGBTQIA+ groups and people living with disabilities. This must be associated with specific analysis and reflection on the extent to which interventions are meaningfully engaging diverse types of participants and whether we are seeing the changes expected.



Integrating economic empowerment activities into protection programming

The importance of economic empowerment interventions as part of the suite of interventions to reduce violence was a common theme in report findings and recommendations. Where possible, and relevant to needs in the contexts, projects should look for further opportunities to integrate age and gender-responsive economic empowerment interventions – including those that are tailored and targeted for girls and young women - as part of protection programming, as one way of tackling some of the root causes of violence. This requires resourcing at project design and budgeting stages.



Measuring norms around violence

For long term, sustained change in behaviours driven by social norms that enable or justify violence, it's important that projects monitor trends in norms and behaviours – not just knowledge and individual attitudes – consistently, to understand whether progress is being made and design future projects to respond to areas that need attention



Attention on concrete planning for sustainability

Interventions promote long-term change through approaches that build community ownership and emphasise working through locally owned mechanisms and networks. However, risks are implicit where there are gaps in structural support and engagement of government and the formal protection system. There is a need for stronger and explicit exit strategies and sustainability plans to be routinely integrated into project design and implementation.



Navigating our response to emerging risks, such as online violence and digital harms

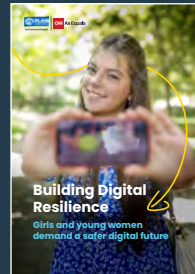
In a context of restricted funding and rapidly advancing technology, it's imperative to ensure that the girls and young women we work with are equipped with the right tools to manage risks. We also need to ensure that the voices and priorities of girls and young women are amplified and prioritised in the context of emerging policies and regulations in the online space.

Read more



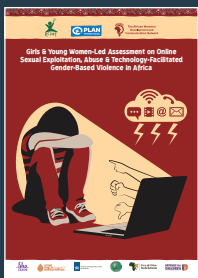
[A Gathering Storm: A study on the gendered impact of climate change on the rights of adolescent girls and young women in the Sahel](#)

This report summarises the findings of a multi-country study conducted in the Sahel region and is focused on climate change and its particular impact on the lived experiences of adolescent girls and young women.



[Building Digital Resilience: Girls and Young Women demand a safer digital future](#)

A collaboration between Plan International and CNN As Equals hearing directly from girls and young women about the harms they face online and how they can be kept safe.



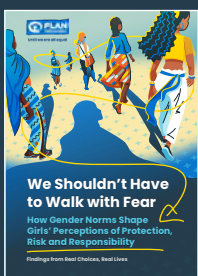
[Girls and Young Women-Led Assessment on Online Sexual Exploitation, Abuse and Technology-Facilitated Gender-Based Violence in Africa](#)

Authored by girls and young women, Plan International was a contributing partner for this report which tackles the urgent issue of technology-facilitated violence, exploitation and abuse.



[State of the World's Girls 2024: Still We Dream](#)

The 2024 State of the World's Girls Report focuses on the experiences of young people whose lives are dominated by conflict, involving a large-scale survey of 9,995 participants from ten countries plus 104 in-depth interviews from four countries.



[Reports from the Real Choices, Real Lives Research Series](#)

A study that has been following the lives of over 100 girls in 9 countries around the world from their birth in 2006 until they turned 18 in 2024.



[Humanitarian Programming in 2025](#)

Our Humanitarian Evidence Snapshot provides a deeper look into our evidence from research and programming in emergencies this year, including in protection.



Until we are all equal

About Plan International

Plan International is an independent development and humanitarian organization that advances children's rights and equality for girls. We believe in the power and potential of every child but know this is often suppressed by poverty, violence, exclusion, and discrimination. And it is girls who are most affected.

Working together with children, young people, supporters, and partners, we strive for a just world, tackling the root causes of the challenges girls and vulnerable children face.

We support children's rights from birth until they reach adulthood and we enable children to prepare for and respond to crisis and adversity. We drive changes in practice and policy at local, national, and global levels using our reach, experience and knowledge. For over 85 years, we have rallied other determined optimists to transform the lives of all children in more than 80 countries.

We won't stop until we are all equal.

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The analysis underpinning the full suite of 2025 evidence snapshots was led by the Plan International Global Monitoring and Evaluation and Research Teams, with inputs and collaboration from colleagues in the Programmes, Humanitarian and Policy and Advocacy Teams.

Note: Images used throughout this report are not of research participants. Consent was received for the use of all images.

Front cover image: A 14-year-old and her friends at a community-based learning centre in Bangladesh.
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