





20 E **THE STRENGTH TO TRANSFORM**

FOREWARD



Canada is committed to advancing gender equality and empowering young people to lead safe, healthy, and fulfilling lives. In Bangladesh, this commitment is reflected in our partnership with World Vision and local communities to address critical challenges, including child, early, and forced marriage.

Through evidence-based interventions, the Youth Empowered Project has been instrumental in creating safer environments, equipping young people with knowledge, and strengthening access to essential services. Despite significant progress, Bangladesh continues to face high rates of child marriage, with nearly 51% of girls married before 18. Addressing this requires collaborative action—strengthening policies, changing harmful social norms, and ensuring that young people, especially girls, can pursue education and economic opportunities.

Canada remains a steadfast partner in this effort, working alongside the Government of Bangladesh and organisations like World Vision to create lasting change. This storybook captures the voices of those leading transformation—young advocates, faith leaders, educators, and community members who are challenging harmful practices and empowering others. Their resilience is a testament to what is possible when communities come together with knowledge and conviction.

As we continue our work to promote gender equality and eliminate gender-based violence, Canada is proud to support initiatives like the Youth Empowered Project, implemented by World Vision Bangladesh. Following the dramatic changes Bangladesh saw in 2024, at no time has this work been more important and timely so that, together, we can ensure that every young person has the opportunity to build a future free from discrimination, violence, and inequality. To all those featured in this storybook—your efforts inspire real change. Canada stands with you in this journey toward a more just and equitable society.

Mr. Ajit Singh High Commissioner of Canada to Bangladesh

FOREWARD



We are pleased to present this storybook as a reflection of the incredible journey and transformative impact of the Youth Empowered – Preventing Child, Early & Forced Marriage in Bangladesh Project. Funded by Global Affairs Canada and implemented in partnership with Uttaran, this project represents our collective commitment to ensuring a brighter, more equitable future for the youth of Bangladesh.

This storybook captures the inspiring stories of individuals and communities who have become champions of change. These narratives shine a light on their resilience, determination, and courage as they confront deep-rooted societal challenges, such as child marriage, gender-based violence, and limited access to sexual and reproductive health rights. Since 2021, the project has brought tangible change to six sub-districts of Bagerhat and Satkhira. From preventing 97 cases of child marriage, training 1800 adolescents and 900 youth, transforming the lives of 16,000 schoolgirls through improved menstrual hygiene management, to empowering 1,000 MenCare participants and 1000 faith leaders to advocate for gender equality, the impact has been remarkable.

This storybook is not just a record of accomplishments but a testament to the power of collaboration and community-driven change. It stands as a call to action for all of us to continue working toward a society where every child and youth can thrive, free from the constraints of inequality and injustice.

I would like to extend my gratitude to our staff and teams who worked tirelessly to make this initiative a success. Their dedication and hard work have made this possible.

Warm regards,

Suresh Bartlett

National Director, World Vision Bangladesh

INTRODUCTION

Youth Empowered: Preventing Child, Early and Forced Marriage in Bangladesh is a multi-year (2021-2025), multi-sectoral project aiming to enhance the sexual and reproductive health and rights (SRHR) of adolescents and youth (10-24 years of age), particularly girls and young women in Bagerhat and Satkhira districts, Bangladesh.

Financed by Global Affairs Canada (GAC), and implemented by World Vision Canada and World Vision Bangladesh, together with project partner Uttaran; Youth Empowered addresses child, early, and forced marriage (CEFM) and SRHR. The project's three key results are:

- Improved access to quality, gender-responsive and adolescent-friendly SRHR and psychosocial support services, and information integrating CEFM prevention and response for married/unmarried adolescent girls and young women;
- Enhanced decision-making of married and unmarried adolescent girls over their sexual and reproductive health and factors that contribute to CEFM;
- Strengthened and sustainable community capacity in project areas to advocate for, support, promote, and sustain an adolescent-friendly, gender-responsive, and CEFM-free environment for adolescent girls.

The project employs complementary approaches that simultaneously engage girls, boys, parents/caregivers, community members, service providers, and government institutions to strengthen and empower girls and young women and reduce child marriage. Further, the project collaborates closely with local government, civil society organisations, and other community stakeholders.

Adolescent girls in Bangladesh face significant barriers, including limited access to SRHR information and services, compounded by the harmful effects of CEFM. These include heightened risks of gender-based violence, sexually transmitted infections, pregnancy complications, and mental health challenges. Rooted in patriarchal norms, CEFM perpetuates inequality and violence against women and girls.

Youth Empowered builds girls' and young women's agencies. It enhances the capacity of community entities to implement gender-responsive, adolescent-friendly SRHR support services and information. It also works with traditional and faith leaders and male allies to foster a transformative socio-ecological environment, which promotes gender equality, empowers young people, and is CEFM-free.



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TURNING THE TIDE

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Habiba, a 14-year-old girl from Satkhira, remembers sitting quietly in the corner of her home, listening as her father made a life-altering decision. "We can't afford her education anymore. It's better to arrange her marriage now," she recalls hearing her father say. A lump formed in her throat, as her dream of becoming a nurse began slipping away before her eyes.

At the time, Habiba was an adolescent volunteer with Uttaran, a partner of the Youth Empowered project. She had seen how the project helped prevent early and forced marriages in her community. Determined not to give up, she reached out to the project team for help.

Recognising the urgency of the situation, a peer group leader visited her home and sat down with her father, Habibur. At first, he was unmoved. "A girl's marriage is her ultimate security," he insisted. But the peer group leader didn't give up. He then explained to Habibur why education is necessary for everyone to lead a better life and also the subtle dangers of early marriage, such as health risks, vulnerability to violence, early pregnancy, and many more.

"After speaking with the peer group leader, I couldn't stop thinking about it all day. I realised I had almost taken away my daughter's future. It wasn't marriage, but education, that would be her true strength," Habibur reminisced.

So, the marriage was called off the next day. "When my mother told me, at first I couldn't even believe it. Then it felt like a mountain was lifted off my shoulder." Habiba said.

Through the intervention of the Youth Empowered project, 96 other girls like Habiba have been given a second chance to chase their dreams. Now, Habiba is back in school, one step closer to her dream of becoming a nurse. Her story is one of resilience, not just her own, but that of a community rallying together to protect dreams and change futures.

"I am glad to be back in school. Now I am more determined to become a nurse and make my family proud," says Habiba with a face dazzling with hope.

We can't afford her education anymore. It's better to arrange her marriage now. CHARLES

BREAKING CHAINS

YOUTH EMPOWERED PROJECT

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"One by one, my friends stopped coming to school. First, it was Lucky, then Salma. They were married off before sixteen. Some faced health complications during childbirth; others suffered abuse. I felt powerless watching their dreams crumble," recalls Hasan, a ninthgrader from Debhata, Satkhira.

Determined to act on this matter, Hasan joined a Youth Empowered project's peer group in eighth grade. Alongside 602 boys aged 10–17 from 60 peer groups, he received training on puberty, sexual and reproductive health, child rights, gender equality, and preventing child marriage. He also learned about mental health and referral systems for accessing health and social services. "For the first time, I felt capable of making a difference," says Hasan.

After gaining knowledge through training, Hasan and his peers became young advocates. They built networks with community clinics, local government, faith leaders, and youth clubs to support adolescent girls and boys facing crises or in search of information. Equipped with knowledge and backed by this support system, Hasan was ready to act.

One morning at a tea stall, Hasan overheard troubling news. "Moni's parents are planning her wedding next week," a friend whispered. Moni, a bright student with dreams of becoming a nurse, was at risk of child marriage.

Determined to stop it, Hasan and his peers acted quickly. They approached a trusted teacher, alerted local authorities, and called 109- the National Helpline for Violence Against Women and Children. Officials intervened in time, preventing the marriage and ensuring Moni could continue pursuing her dreams.

"Hasan and his group gave me a new chance at life," says Moni. "Now, I can finish my studies."

So far, the Youth Empowered project's 60 peer groups, involving 1800 adolescents, have helped prevent over 50 child marriages, and Hasan is proud to be a part of it. Hasibul shares, "I once felt helpless, but now we're ensuring no one loses their future."

I felt powerless watching their dreams crumble.

YOUTH EMPOWERED PROJECT 11

THE POSTER GIRL

YOUTH EMPOWERED PROJECT

"One of the top girls of our school got married before her SSC (Secondary School Certificate) examination. She couldn't complete her education and later faced abuse from her in-laws," recalls Afifa, a ninth-grader from Satkhira. Witnessing this heartbreaking reality firsthand, she knew she had to act.

It was a senior at school who first told Afifa about the Youth Empowered Project. "She said it's a space where girls learn about their rights and how to stand up for themselves. I joined immediately," Afifa shares.

Every morning before school, she meets with her peer group under a large banyan tree. "We talk about everything: periods, school, family issues. It's our safe space," she says. Through the Youth Empowered project, Afifa, along with 1198 school-going girls aged 10–17, got training about menstrual health and hygiene, child rights, gender equality, sexual and reproductive health, and how to access support services.

One afternoon, Afifa heard whispers about her 14-yearold neighbour, Fariha, being forced into marriage. She immediately gathered her peer group. "We went to her house and told her parents, 'She deserves an education, not a wedding," Afifa recalls. They sought help from local leaders and used helplines like 109- National Helpline Center for Violence Against Women and Children, 1098-Child Helpline, and 999- Emergency Services. After days of discussion, Fariha's parents finally cancelled the marriage.

This was just one of many. "Together, we have stopped 10–12 child marriages. People in the village now see us as role models," Afifa says with a proud smile. Their efforts inspired others, and in the neighbouring village, local youths have now formed their own peer group.

Afifa's journey is proof that empowered young people can drive lasting change, building a future where every girl can grow up informed, safe, and free to pursue her dreams. One of the top girls of our school got married before her SSC (Secondary School Certificate) examination. She couldn't complete her education and later faced abuse from her in-laws.

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YOUTH EMPOWERED PROJECT

THE VOICE OF CHANGE

Thirteen-year-old Mitu from Bagerhat never questioned why periods were rarely discussed until one day she overheard a group of girls whispering about a friend who had stained her uniform. The whispers and the embarrassment made Mitu wonder why something natural was treated like a secret.

Out of curiosity, she attended a Youth Empowered project's peer group outreach session, where she learnt about puberty, menstrual health, and sexual and reproductive health and rights (SRHR). Realising how little her community knew, she equipped herself with a new sense of purpose. If her own community lacked this knowledge, she wanted to change that.

Mitu started discussing menstrual hygiene with her classmates during tiffin breaks, turning everyday conversations into learning moments. At first, some girls were hesitant, but as she continued, they started sharing what they learnt with their families and neighbours, creating a ripple effect.

One of the girls she reached was her 14-year-old classmate, Tanzia, who avoided school during her period. "What if someone finds out?" she asked Mitu.

"There's nothing to hide," Mitu reassured her. "Periods are normal, and you can manage them properly."

Tanzia, nervous about speaking to her mother, finally found the courage to do so. At first, her mother didn't like the idea, saying, "Girls in our family never worried about such things." But after Tanzia explained what she had learnt, her mother agreed to buy reusable pads. From then on, Tanzia never missed school because of her period again.

"Sexual and Reproductive Health and Rights (SRHR) isn't just about health," Tanzia says proudly. "It's about knowing, understanding, and owning our choices."

Thus, Mitu sparked change in her community. By breaking the silence, she became the voice of change, proving that even one voice, when determined, can transform lives. SRHR isn't just about health; it's about knowing, understanding, and owning our choices.

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THE STORY OF CHANGE AND EQUALITY

"I used to wash plates after dinner while Rafiqul and the kids fell asleep. I was exhausted too—I worked all day at home. But if I ever asked for help, he would say, 'That's not a man's job,' or, 'I earn for the family. Do you expect me to do housework too?" Romana recalled.

Living in Morrelganj with their four children, Romana and Rafiqul followed traditional gender roles. Rafiqul managed his shop while Romana handled everything at home. "I thought providing money was enough, and it's emasculating to do household chores," Rafiqul admitted with a grin of repentance.

Then, one day, a team from the Youth Empowered project visited their village and invited parents to a session on MenCare, a global initiative promoting involved fatherhood and gender equality. Romana convinced Rafiqul to join a session, though he was skeptical. "I thought they'd blame men for everything," he admitted.

Over six months, the couple attended 10 sessions with other families, covering topics like parenting, gender roles, family planning, non-violent relationships, child rights, and child marriage. The sessions culminated in couples agreeing to practise positive parenting and promote gender equality.

A key eye-opening moment for Rafiqul was when a trainer asked, "Why do we call it 'help' when men do housework? Isn't it our shared responsibility?" The transformation was gradual but profound. "I started by taking our children to school. Then, I helped with chores. At first, it felt strange, but I saw how much happier Romana was," Rafiqul shared. "He never played with them before. Now, he even changes diapers!" Romana laughed with pride. Their home became more peaceful, and their relationship stronger.

Motivated by their transformation, they began speaking at community meetings and started talking about MenCare. Their efforts have inspired other families to make similar changes, spreading positivity across the community. "After hearing them, my husband Munna also started helping," shared their neighbour, Salma.

Today, Romana and Rafiqulare are one of 1,000 couples across 100 MenCare groups who are reshaping family dynamics by rejecting rigid gender roles, proving that real change begins at home.

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YOUTH EMPOWERED PROJECT

BREAKIN TABOOS Sumaiya Merin still remembers the first time she spoke about menstrual hygiene at the Dohar Community Clinic. A few men scoffed, some women looked away, and whispers of disapproval filled the room. "Why do women need to discuss such things?" they asked. But Sumaiya didn't back down. She knew that silence only made the stigma worse.

Her journey with the Youth Empowered project began when she realised how many women and adolescents in her community were suffering in silence. Determined to change this, she joined a training on adolescent-friendly health services. "The training taught me how to share accurate information, respect privacy, and connect young people with the services they needed," Sumaiya says.

With her new knowledge, Sumaiya started regular sexual and reproductive health (SRH) sessions at the clinic. At first, many people resisted. Some questioned her motives, and others even tried to stop women from attending. But Sumaiya didn't give up.

"I started meeting families, answering their questions, and showing them how knowing more could help them live healthier lives. Little by little, they began to trust me, and eventually, more women and young people were coming to me for help," says Sumaiya.

One of them was a young woman, Tuli, who had struggled with painful periods but felt too embarrassed to ask for help. **"I used to feel embarrassed to talk about menstruation, but after attending Sumaiya apa's sessions, I learnt how to take care of my menstrual health, and now I share about it with others," says Tuli.**

Like Sumaiya, Youth Empowered has trained 300 healthcare providers to offer adolescent-friendly health services. Now, Sumaiya dreams of a future where every woman and adolescent has the knowledge and confidence to make good health decisions. By teaching other healthcare workers and including sexual and reproductive health (SRH) education in community healthcare, she is not just breaking taboos; she's making sure these changes last for generations. I started meeting families, answering their questions, and showing them how knowing more could help them live healthier lives.



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REBIRTH OF A COMMUNITY CLINIC

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A year ago, the West Saralia Community Clinic was barely functional. Medicine shelves were empty, health workers rarely showed up, and women had to travel miles for basic care. "We would wait for hours, only to leave without seeing a doctor," recalled Jahanara, a local leader. For teenagers, seeking health advice—especially on sexual and reproductive health—was unthinkable.

Then, the Youth Empowered project stepped in. The problem wasn't just resources—it was leadership. Government-mandated management committees existed on paper but weren't active. "No one knew they could demand change," said Rezaul, a village elder. The project team mobilised the community, forming a new committee with Jahanara, local residents, and two teenagers.

Their first move? Bringing back the clinic's female health workers. "We met them, convinced them to return, and made sure they had support," said committee member Rafiq. Now, two female health workers visit weekly. They also pushed for regular medicine supplies. "Now, mothers don't have to rush to town when their child is sick," Jahanara said.

Next, they set up a teen health corner—a safe space for young people to seek advice. "Before, we had nowhere to ask questions. Now, we do," said 17-year-old Mehenur.

The clinic transformed. New chairs meant no more sitting on the floor. A water filter provided clean drinking water. Sanitary pads were stocked. When the muddy road made access difficult, the committee led repairs.

Today, West Saralia Clinic is more than just a clinic, it's a lifeline. Over 50 people visit daily, from expectant mothers to young girls seeking advice. Across Bagerhat and Satkhira districts, the Youth Empowered project has supported 85 health facilities, proving that when communities take charge, real change happens.

"This clinic is ours," said Ram Bharot, a health worker. "And we'll keep it running for everyone who needs it."

We would wait for hours, only to leave without seeing a doctor.

YOUTH EMPOWERED PROJECT

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THE MIRROR

Dr. Md. Akhtaruzzaman still remembers the day when one of his brightest students quietly dropped out. "She stopped coming to class. When I asked, I found out she missed school during her periods. She felt ashamed, had no access to sanitary pads, and eventually fell behind," he recalls.

As the principal of a madrasa, Dr. Akhtaruzzaman saw this happening far too often. "Girls were missing school, struggling in silence. But no one talked about it." Determined to change this, he reached out to the Youth Empowered project for support.

The collaboration started small— by training female teachers to educate students about puberty and menstrual hygiene. But soon, they faced pushback from parents. "Some thought we were teaching things that would 'ruin' their daughters. One father told me, 'This is unnecessary. Our mothers and grandmothers managed without it.'

Instead of dismissing their concerns, Dr. Akhtaruzzaman invited them to discussions. "We explained that hygiene is about health, not shame. We shared examples of girls dropping out or suffering infections because they didn't know how to take care of themselves." Slowly, attitudes shifted.

Over two years, 16,000 girls received sanitary pads across 100 educational institutions (88 secondary schools and 12 madrasas) and were able to access renovated WASH facilities—including private changing rooms - at 30 schools and madrasas. To improve girls' SRH decision-making, the project also trained 200 teachers and 1,300 school management committee members in comprehensive sexuality education, making the change sustainable.

Today, Dr. Akhtaruzzaman is being praised for being a mentor and a changemaker. "Now, girls stay in school. They ask questions. They feel confident." His journey proves that education isn't just about books; it's about dignity, empowerment, and breaking barriers.

Girls were missing school, struggling in silence. But no one talked about it.

THE PIONEER

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Gayetree is a resident in one of the remote villages of Rampal. One day, while she was going about her usual household chores, a neighbour came to her in tears. "She shared about the painful miscarriage she had to go through. It broke my heart to see her suffer like that," Gayetree recalls.

Realising that silence around sexual and reproductive health was causing more harm than good, Gayetree felt compelled to act. She decided to explore ways to support women in her community. That's when she found the Youth Empowered project. From the project, she got training on sexual and reproductive health, gender-based violence prevention, child marriage, and referral services for health, protection, and psychosocial support. This training equipped Gayetree with the knowledge and skills to lead change.

Gayetree started arranging small community meetings, where she educated women about safe water sources, menstrual hygiene practices, and girls and women's rights. However, her efforts weren't without challenges. "Some people called my actions inappropriate and questioned why I, a woman, was speaking about such 'shameful' topics," Gayetree remembers. But she remained determined. "I knew I had to keep talking to them and show them the truth."

Today, Gayetree is one of 1,000 faith leaders trained through the Youth Empowered project to become change agents in their communities. Like Gayetree, 162 Hindu faith leaders have embraced the Channels of Hope approach, using their understanding of faith to take action to prevent and respond to issues affecting their communities, supporting lasting and effective solutions.

Gayetree's journey shows how education, passion, and leadership can transform even the most deeply rooted issues, paving the way for healthier, empowered future generations. Now, women in Rampal are not ashamed of their sexual and reproductive health and understand the importance of sharing SRH information with adolescent girls and young women. Some people called my actions inappropriate and questioned why I, a woman, was speaking about such 'shameful' topics.

THE MAGICIAN

"I always believed my duty as a teacher was to educate young minds. But I never imagined I would become a guide for their well-being," says Rayhanul, an Arabic teacher and faith leader from Satkhira.

For years, Rayhanul taught religious studies, unaware of the silent struggles his students faced: early marriages, lack of menstrual hygiene awareness, and gender discrimination. The turning point came when he joined the Youth Empowered project and received training under World Vision's Channels of Hope (CoH) model.

"At first, I thought, why do faith leaders need to talk about menstrual hygiene or child marriage laws? But then I realised that if we don't, who will?" The training opened his eyes to the realities of gender-based violence, child marriage, and reproductive health. It challenged deeprooted misconceptions and empowered him with both religious and scientific knowledge to address these issues in his community.

When Rayhanul first spoke about menstrual hygiene in a Friday sermon, he faced backlash. "Some elders told me these topics were inappropriate for the mosque. But I asked them—" If a mother and sister in your home suffer, will you still stay silent?" Over time, his persistence paid off. Parents started approaching him with questions about early pregnancy risks, gender-based violence, and even access to health services.

Now, Rayhanul is more than just a teacher—he is a mentor, counsellor, and advocate. He holds discussions with teenage boys on WASH (Water, Sanitation, and Hygiene), encourages fathers to support their daughters' education, and connects families with services to prevent child marriage.

"Seeing young people make informed choices gives me hope. If one trained faith leader can change minds, imagine what a thousand can do!" said Rayhanul, glimmering with hope. At first, I thought, why do faith leaders need to talk about menstrual hygiene or child marriage laws? But then I realized that if we don't, who will?

YOUTH EMPOWERED PROJECT 2

LIGHTING THE WAY

Like many young women, Uma used to believe she knew enough about her health. "During my period, I used to avoid certain foods, stayed out of the kitchen, and felt ashamed to buy sanitary pads. But after joining the Youth Empowered project's youth club, I learnt that these are nothing but myths. I remember feeling angry that I had believed so many false things but relieved that I now know the truth," Uma shares.

The training sessions opened her eyes to the realities of issues like early marriage and the severe consequences they carry. Motivated to create change, she began working to raise awareness in her community.

However, not everyone welcomed her efforts. Some elders warned her to stay out of family decisions. Some parents even accused her of spreading "obscene ideas" among their daughters. But Uma refused to back down. She patiently spoke to families, shared real-life stories, and, bit by bit, gained their trust.

Uma's efforts paid off when she helped stop the early marriage of a 16-year-old neighbour. "I was terrified, but she sat with me and explained my rights and reached out to local officials to prevent the marriage. She gave me the courage to fight for my future," shared the girl with eyes shining with happiness.

In this journey, Uma is not alone. There are 30 youth clubs across Bagerhat and Satkhira districts, bringing together 600 young women and 300 young men who are also raising awareness in their communities about child marriage, gender equality, and sexual and reproductive health and rights. Their collective efforts are not only shining a light on these issues but also ensuring that the path ahead is brighter for generations to come.

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After joining the Youth Empowered project's youth club, I learned that these are nothing but myths.

THE RAY OF HOPE

When Pinky first stepped into her role as a 'Community Counsellor' under the Youth Empowered project, she wasn't sure how people would respond. "Mental health is not something people talk about here. At first, many refused help, saying it was unnecessary," she recalls. Some even mocked her work, believing stress and sadness weren't real problems. But Pinky didn't give up.

Her own father had struggled with mental health, burdened by financial stress. "We didn't know how to help him then," she says. Determined to make a change, she took the Problem Management Plus (PM+)and Psychological First Aid training, learning how to support people facing mental health issues such as depression, anxiety and stress, and practical problems such as domestic conflicts.

In the beginning, she focused on listening. "People just needed someone to hear them without judgment," she says. One of her earliest clients was a teenage girl, Riya, who had stopped going to school due to severe anxiety. Her parents dismissed it as laziness. Pinky visited her daily, talking gently, helping her identify her worries, and teaching her small ways to cope. "One day, she smiled and said she wanted to go back to school. That moment changed everything for me," Pinky recalls.

Over time, her role expanded. Young girls started seeking her advice on menstrual hygiene, relationships, and their rights. "They trust me with things they can't tell their families, she says. Now, Pinky isn't just a counsellor—she's a guide, a sister, a guardian.

Today, Pinky is a hope in her community, showing that with compassion and courage, even the toughest challenges can be overcome. Her work continues to inspire others to believe in change and healing. She is filling a huge gap by linking people in her community with the psychosocial services they need. So far, Pinky and other community counsellors have supported 114 adolescents and youth, and 47 adults.

"The journey wasn't easy, but seeing people heal, grow, and dream again makes it worth it," she says with a smile.

One day, she smiled and said she wanted to go back to school. That moment changed everything for me.

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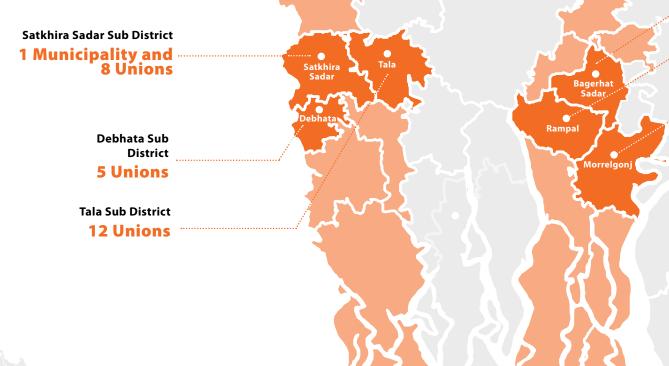
YOUTH EMPOWERED PROJECT

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Youth Empowered Project working areas

The Youth Empowered Project has worked in a total of 54 Unions and 3 Municipalities of 6 Upazilas of Bagerhat and Satkhira Districts.

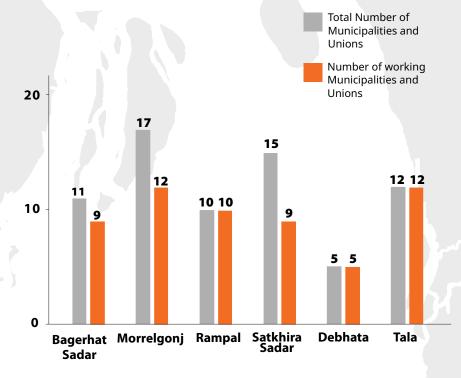




Bagerhat Sadar Sub District 1 Municipality and 8 Unions

Rampal Sub District

Morrelgonj Sub District 1 Municipality and 11 Unions



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Shanta Western Tower, Level - 14 186 Bir Uttam Mir Shawkat Sarak, (Gulshan -Teigaon Link Road), Tejgaon I/A, Dhaka, Bangladesh, POBox - 9071



Phone: +88028878323-6 Fax: +88028878321



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