



## Myanmar 2026 Gender in Humanitarian Action Strategy

### **Situation overview and impact on Women, Girls, Men, and Boys**

Myanmar remains locked in a devastating civil war following the 2021 military coup that highlights the growing number of people in need and increasing numbers of internally displaced people. Women and girls comprising over 50% of the population are disproportionately impacted and face heightened protection risks, including gender-based violence (GBV), trafficking, and sexual exploitation, especially in displacement settings and areas where governance and law enforcement have broken down.

Access to health specifically reproductive, sexual and maternal health services remains critically limited, and school closures have disproportionately affected adolescent girls. Many women have lost livelihoods, increasing economic dependency and exposure to harmful coping strategies such as early marriage, transactional sex, or unsafe migration.

Men and boys continue to experience elevated risks. Displacement, loss of income, and social instability have contributed to psychosocial distress, frustration, and shifting gender roles that sometimes manifest in rising domestic tensions and violence.

Women with disabilities, older people, and LGBTQI+ individuals face compounded risks and systemic barriers to accessing aid and protection. Stigma, limited mobility, and physical inaccessibility of services have deepened their vulnerability.

Across the country, prolonged insecurity has eroded community structures, weakened social cohesion, and heightened the vulnerability of female-headed households and children. In some areas, access constraints continue to restrict humanitarian operations, impeding efforts to deliver timely, equitable, and gender-responsive assistance.

Addressing these complex gendered impacts requires inclusive, context-specific interventions that recognize the agency and capacities of all affected groups while mitigating protection risks and ensuring no one is left behind.

### **Gender, Age, Disability and Other Diversities – Sensitivity and Empowerment**

Gender, age, and diversity integration remain central to humanitarian planning and response in Myanmar. Building on previous efforts, clusters have further institutionalized the collection and analysis of sex-, age-, and disability-disaggregated data (SADDD) and the use of gender analysis to inform strategic and operational decision-making. Collaboration with Women's and Persons with Disabilities Organizations has been strengthened, ensuring that inclusive perspectives are integrated into assessments, design, implementation, and monitoring.



The Gender in Humanitarian Action Working Group (GiHA Working Group), continues to provide technical leadership and capacity support on gender-responsive programming. Through sustained training, updated guidance tools, and the application of the Gender with Age Marker (GAM), GiHA supports clusters, sectors, and local actors, particularly Women-Led and Women's Rights Organizations (WLOs/WROs), to translate gender commitments into measurable outcomes. The emphasis remains on strengthening the practical application of gender analysis, promoting accountability to affected populations, and advancing locally led and inclusive humanitarian action.

### **Strengthening Coordination and Systemic Integration of Gender, Age, and Diversity in Humanitarian Action**

Closer coordination among thematic and technical working groups on GiHA, Accountability to Affected Populations (AAP), Protection from Sexual Exploitation and Abuse (PSEA), and the Disability Technical Advisory Group (DTAG) is essential for coherent and inclusive humanitarian action. Joint planning and knowledge exchange can bridge capacity gaps, enhance complementarity, and build collective accountability for inclusion across all sectors.

Applying a gender, age, and diversity lens throughout the humanitarian programme cycle ensures that prioritization and targeting processes reflect the diverse realities of affected populations. Upholding the Leave No One Behind (LNOB) principle requires humanitarian actors to safeguard dignity, participation, and equitable access to protection and assistance. Evidence from the Multi-Sector Needs Assessment (MSNA) should continue to inform gender- and diversity-sensitive planning and resource allocation.

The use of Rapid Gender Analysis (RGA) and other context-specific tools provides critical insights for anticipatory action, early warning, and early response. Integrating intersectional perspectives helps identify how conflict, displacement, and shifting social dynamics alter gender roles and power relations. Embedding this understanding into joint programming and inter-cluster coordination supports a more adaptive, inclusive, and accountable humanitarian response.

### **Empowering Local Leadership and Women's Participation in Humanitarian Action**

Localization remains central to humanitarian action in Myanmar. Investing in Women-Led and Women's Rights Organizations is vital for ensuring that humanitarian interventions are grounded in community realities and reach those most in need.

Local and women's organizations operate on the frontline delivering aid, facilitating access, and providing protection in areas where international actors face restrictions. Yet, they continue to encounter barriers to funding, coordination, and leadership opportunities. To strengthen their effectiveness and sustainability, humanitarian partners should expand direct and flexible funding mechanisms, support multi-year partnerships, and provide targeted technical and institutional capacity strengthening.



Promoting women's leadership within coordination structures and decision-making forums will ensure that gender perspectives inform strategy, resource allocation, and implementation. Capacity-sharing and mutual learning between international and national actors should be prioritized to enhance trust, accountability, and the overall quality of response. Achieving meaningful localization requires a transformative shift, recognizing women and local organizations not merely as implementers but as equal partners and leaders shaping humanitarian policy, planning, and accountability.

### **Designing Inclusive and Gender-Responsive Humanitarian Interventions**

Promoting gender equality and inclusion must underpin every stage of humanitarian preparedness and response. Applying a gender, age, and diversity approach across anticipatory action, early warning, and early response ensures that interventions are timely, equitable, and rooted in local realities.

Excluding community voices risks perpetuating inequality and harm. Humanitarian actors should undertake inclusive assessments that systematically collect and analyze SADDD to guide targeted and evidence-based action.

In Myanmar, where women and children are disproportionately affected by conflict and disaster, ensuring access to information, participation, and leadership is critical. When direct consultation is not feasible, engagement through WLOs, WROs, and Women-CSOs should be prioritized to maintain representativeness and inclusivity.

Establishing gender-sensitive community feedback and communication mechanisms, linked to preparedness and early warning systems, can make humanitarian responses more adaptive, accountable, and effective. Embedding these mechanisms within community structures ensures that the most vulnerable are protected and supported before, during, and after crises.