

## Dear GlobalGiving Community,

Before, when her period came, she stayed home.

She worried the cloth she was using would leak. She worried her uniform would be stained. She worried someone would notice. So she missed school, quietly falling behind.

*“Before the DfG training, I would stay at home during periods because I feared the torn cloth would leak and stain my uniform. But since receiving washable pads, I can now go to school without fear.”*

Today, her experience is different.

Because of you, she goes to school with confidence. She participates in class. She no longer carries the same fear or shame.

And she is not alone.

Thanks to your support, 13,249 people were reached across Uganda in 2025, including 11,627 women and girls with menstrual health education and locally made DfG Kits, and 1,622 men and boys with education that helps shift stigma at the community level.

In 2026, this work is already continuing. 2,772 more people have been reached, including 2,760 women and girls and 12 men and boys.



But the true impact of this work is found in the quiet, powerful shifts happening in everyday life.

In classrooms, girls who once sat in silence are now speaking up. *“I can confidently talk to my friends and family about menstruation because I know it’s healthy... and while I am at school, I confidently talk to the senior woman when I am on my period.”*

These stories reflect a broader transformation taking place across communities. Participants consistently described the menstrual health sessions as engaging, practical, and empowering. With the help of visual teaching tools and open discussion, women and girls are gaining knowledge that stays with them, learning to understand their cycles, track their periods, and care for their bodies with confidence.

Educators have also observed tangible changes. Senior women teachers in participating schools noted a significant improvement in school attendance following the training and kit distribution, alongside increased confidence among students to discuss menstruation openly.



The introduction of DfG Kits has been particularly impactful in improving both health and economic outcomes. Participants reported transitioning away from unsafe practices (such as using old or discarded cloths), toward safer, more hygienic solutions. This shift has reduced discomfort, infections, and financial strain.

One woman shared; *“before, I was using torn clothes which were not hygienic. I was very happy to receive the DfG washable pad.”*

Others spoke about the comfort, security, and independence the kits provide; *“I can participate in any activity without fear of leakage... the pad is comfortable and doesn’t move.”*

Beyond physical comfort, these changes are helping to break long-standing stigma. Women and girls described feeling more at ease washing and drying their reusable pads openly, something that once felt impossible. What was once hidden in shame is slowly becoming normalised, discussed, and understood.

This is the power of combining education with access: not just meeting an immediate need, but creating lasting change in knowledge, confidence, and opportunity.

Your support through GlobalGiving is making this possible. You are helping to ensure that girls stay in school, women stay healthy, and communities move closer to a future where menstruation is no longer a barrier, but a normal, supported part of life.

With gratitude,

The Days for Girls Team