



April 2024

Dear Global Giving Community,

We're thrilled to share that thanks to the generosity of donors like you, we've reached nearly 151,000 people in Uganda with menstrual products! Your ongoing support ensures we address menstrual health (MH) challenges through a holistic integrative approach.



Across multiple districts, Days for Girls (DFG) provides women and girls with locally-produced menstrual Kits, including our patented washable pads, panties, and washcloths to offer sustainable, hygienic solutions to people who need it most. Furthermore, we go beyond product delivery by integrating comprehensive educational programs that destigmatize period taboos and empower women and girls with the knowledge they need to manage their periods with confidence.

Often, stigma and cultural ideologies create barriers to open discussions about menstruation. This results in limited knowledge of safe hygiene and menstrual health practices, leading women and girls to rely on homemade alternatives for period management. These factors contribute to a ripple effect in school absenteeism, illness, and general community-wide awareness about women's health. Through advocacy, DfG promotes access to supportive environments by removing menstrual-related barriers in schools and workplaces.



At the community level, we engage all genders in educational sessions to teach individuals about reproductive health and the issues faced by people with periods. Our data indicates that men and boys are vital in our efforts to challenge the stigma and limitations associated with menstruation and often influence decision-making. Together, we support menstruators in meaningful ways through long-term outcomes and changes in perceptions, attitudes, and mindsets.

The government of Uganda recognizes menstrual health and hygiene (MHH) as a critical issue that limits the participation of women and girls in social, cultural, and economic activities. Of the 47M+ people ([World Bank 2022 Index](#)) living in Uganda, 50% identify as women and girls. This translates to over 23.5 million women and girls facing challenges managing their periods. Research suggests that

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at least 70% of girls of reproductive age report menstruation as a major obstacle in school. The majority lack access to safe hygiene products and education.

Our work with school-aged children, educators, and wider community members in Uganda strives to provide tangible resources to menstruators while educating people on the importance of their sexual reproductive health. In 2023, Days for Girls conducted a pre-and post-test survey to measure the impact of our sexual and reproductive health training program with girls in five schools; evaluating knowledge, attitudes, confidence, and practices. Results showed significant improvement across all five schools, suggesting the project achieved its goals. In one of the monitoring, learning and evaluation (MLE) reports, a key observation from a focus group assessed that girls are missing school because of lifestyle changes, stigma, etc., and recommended distributing emergency washable pads to women teachers to reduce absenteeism, early pregnancy, and keep girls in school.

We found that openly discussing menstruation helps break down stigma and create a more supportive environment. By providing the tools and knowledge for healthy menstrual hygiene, we



boost confidence and empower women and girls to participate in all aspects of life. Our locally-led programming ensures a sustainable approach, fostering more informed communities and lasting solutions that drive positive change.

This incredible progress wouldn't be possible without the unwavering support of Global Giving donors like you. Your generosity directly translates to improved health, education, and overall well-being for women and girls in Uganda.

Thank you for investing in quality menstrual health education, resources, and care that empower people to manage their periods with dignity and confidence.

Your belief in our mission is truly inspiring!

With gratitude,
The Days for Girls Team