

*December 2025*

Dear GlobalGiving Community,

Thank you very much for your continued support of Days for Girls Uganda. Since our last update, your generosity has enabled significant progress in expanding menstrual health access and education across humanitarian, community, and school settings throughout the country.

In 2025 to date, Days for Girls Uganda has reached a total of 12,719 people, including 11,082 women and girls and 1,622 men and boys. During this period, 11,097 DfG Kits were distributed, directly addressing menstrual product insecurity while reinforcing dignity, sustainability, and



long-term health outcomes. Programming continued to focus on populations facing heightened vulnerability, including refugees and school-aged girls, where access gaps and stigma remain most pronounced.

DfG Uganda implemented a one-month intervention in Kyangwali Refugee Settlement aimed at supporting 1,500 refugee women and girls. Kyangwali continues to face substantial menstrual health challenges driven by limited access to menstrual products, low levels of menstrual health knowledge, insufficient infrastructure, and high poverty levels. These barriers contribute to unsafe hygiene practices, persistent stigma, and

increased school absenteeism and dropout among girls. To address these conditions, DfG Uganda worked in coordination with CARE International, Humanitarian Assistance and Development Services, the Office of the Prime Minister, and the United Nations High Commission for Refugees.

The intervention combined age-appropriate menstrual health education with the distribution of 1,500 locally-produced DfG Kits. Educational sessions addressed puberty, the menstrual cycle, hygiene practices, product use, prevention of sexually transmitted infections, and gender-based



violence. The project also incorporated strong monitoring and evaluation components, including pre- and post-program surveys, focus group discussions, and individual interviews, to assess knowledge change and capture community-level impact. Through this effort, the program reached 900 girls and 600 women across identified schools and safe spaces within the settlement.

The combined delivery of menstrual health education and DfG Kits led to measurable

improvements in knowledge, confidence, and self-efficacy among participants. Many women and girls transitioned away from unsafe traditional practices, such as using old cloths, toward consistent use of the DfG Kits. This shift represents meaningful progress in hygiene, comfort,

and confidence, and has contributed to reduced stigma, improved school attendance, and greater daily participation in community life. Information gathered through the project is now informing future planning and implementation, strengthening evidence-based decision-making and supporting sustained, positive change for vulnerable populations.



In parallel with direct service delivery, Days for Girls conducted a two-day Menstrual Health Educator training in Kampala from July 10 to 11, 2025, equipping eight newly recruited educators and team members with the knowledge, skills, and confidence to lead menstrual health education in communities and schools across Uganda. Using a learner-centered approach, the training covered puberty, reproductive systems, menstruation and the menstrual cycle, menstrual product options, care and use of DfG pads, stigma and taboos, family planning methods, and facilitation and

communication skills.

As a result of the training, participants demonstrated increased knowledge of menstrual health concepts and improved readiness to support women and girls. This capacity-building effort is a critical step toward breaking the silence and stigma surrounding menstruation and ensuring that accurate, rights-based menstrual health information continues to reach communities long after individual projects conclude. Trained educators are now positioned as local change agents, advancing menstrual dignity, health, and agency across their areas of influence.

Your support through GlobalGiving continues to make this work possible, strengthening community-led solutions that restore dignity, support education, and expand access to menstrual health resources for women and girls across Uganda.

With gratitude,

The Days for Girls Team