



April 2026

**Dear Global Giving Community,**

When families are displaced by conflict or disaster, access to basic necessities is often disrupted. Menstrual health is one of the most commonly overlooked needs, yet it remains essential to dignity, safety, and well-being.

Because of your support, this need is not forgotten.



So far in 2026, Days for Girls has reached 8,030 refugees, internally displaced persons (IDPs), and individuals affected by disasters, including in Honduras, Iraq, Mexico, South Sudan, and the United States. Through the distribution of DfG Kits and menstrual health education, women and girls are gaining access to the resources and knowledge they need to manage menstruation safely and with confidence, even in the most challenging environments.

Each intervention is designed to go beyond immediate relief. Alongside product distribution, menstrual health education sessions provide practical information on hygiene, product use, and reproductive health, while also creating safe spaces for open conversation. In settings where stigma and uncertainty are often heightened, these sessions play a critical role in restoring a sense of normalcy and control.

This work is continuing to expand.

Days for Girls is currently producing and preparing 4,968 Kits and an additional 3,400 menstrual cups for distribution to displaced communities in Ukraine. At the same time, our Social Enterprises in Lebanon and Kenya are actively producing more than 3700 Kits that will be distributed to refugees and internally displaced people later this year, ensuring locally-led, sustainable support in regions facing ongoing displacement.



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# DAYS FOR GIRLS

Across all of these efforts, the impact is both practical and deeply personal. Access to reliable menstrual products reduces financial strain, improves hygiene, and allows women and girls to participate more fully in daily life, whether that means attending school, traveling safely, or simply moving through their day with greater comfort and confidence.

Because of you, menstrual health continues to be included in humanitarian response, seen not as an afterthought, but as an essential part of care.

As global displacement and climate-related emergencies continue, the need for sustainable, scalable solutions remains urgent. Your support enables Days for Girls to respond quickly, partner with local organisations, and ensure that dignity and health reach those who need it most.

Thank you for standing with us, and with the women and girls navigating crises around the world.



**With deep gratitude,**

**The Days for Girls Team**