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Proposed Project Duration	12 months
Implementation Period	November, 2018- October, 2019
Total Project Amount	USSD 75, 236.00 Local Currency: MK 53, 944, 212
Name of Proposed Project:	Red Dead: A Reusable Sanitary Pad Initiative for Malawi Girls
Proposed Implementation Site	District: Blantyre Rural
Target Population	Adolescent girls between 12 and 19 years of age
Project Purpose	According to the study in 2017 by the national statistics office, 50.1% of Malawians live below the poverty line and 25% live in extreme poverty. 80% of Malawians are also found in the rural areas. Girls from such poor families and rural areas cannot afford sanitary pads from shops as such they are forced to use rags or newspapers during menstruation. Our project is empowering girls by training them to make their own reusable sanitary pads from locally available materials. This project is also empowering girls economically by teaching them to make art such as paintings and other materials such as jewelry and sandals from locally available materials which they can sale to fund some of their school needs.

1. Executive Summary

Forum for AIDS Counseling and training will implement a menstrual health hygiene project and an economic empowerment project for adolescent girls in Blantyre rural from November, 2018 to October, 2019. In this project we are tackling two sustainable development goals(SDG).

We are tackling SDG 4; Good health and wellbeing. Under this SDG we intend to train 2,400 girls between the ages of 12 and 19 in rural Malawi to make reusable sanitary pads which can be used for up to three years. This is a sustainable approach to tackling the problem of menstrual health hygiene as girls who cannot afford to buy pads in a shop, will be making these on their own and they can use the, on a long term basis.

We are tackling SD 1; No poverty. Under this, we will recruit 10 young female volunteers from poor families who have never been employed before and train them to become mentors, peer educators and trainers. By doing this, we contribute to cutting down on unemployment and empower some girls with an opportunity for other jobs beyond this. These females will train 2400 girls and 600 girls to make reusable sanitary pads and to make art and other commodities such as jewelry, sandals etc for sale respectively. Therefore, this project is also empowering girls with skills that they can use to sustain themselves on the long term.

Between December, 2018 and October 2018, we will hold 36 workshops training a total of 2400 girls to make reusable sanitary pads. During these workshops a total of 2400 girls be trained with each making 3 reusable sanitary pads for a total of 7,200. While 2400 will be given to the trained girls, the remaining 4800 pads will be given out to poor girls in selected schools.

Each trained girl will be expected to share skills learned from the workshop with 10 girls, therefore this means that a total of **24,000** will have been reached out to by this project.

2. Logistical Framework: Goal, Objectives and Activities

Goal: To empower young, adolescent girls with good menstrual health hygiene and entrepreneurship skills.		
Objective 1: To train 2400 girls to make reusable sanitary pads	Objective 2: To train 600 girls to make art, jewelry and sandals that can be sold for revenue.	Objective3: 7200 girls reached out with one reusable sanitary pad which can be used for up to 3 years
Results <ul style="list-style-type: none">• A total of 10 female volunteers recruited and trained• 36 workshops conducted	Results <ul style="list-style-type: none">• 12 workshops conducted• 600 girls trained know how to make art, jewelry and sandals	Results <ul style="list-style-type: none">• 7200 pads are distributed

<ul style="list-style-type: none"> 2,400 girls know how to make a reusable sanitary pad on their own 		
Activities	Activities	Activities
<ul style="list-style-type: none"> Workshops Mentorship sessions 	<ul style="list-style-type: none"> Workshops 	<ul style="list-style-type: none"> School visits
Indicators	Indicators	Indicators
Number of girls trained	Number of workshops	Number of pads distributed
Number of girls able to make their own pads	Number girls trained	
Number of workshops conducted		
Means of Verification	Means of verification	Means of Verification
Activity reports	Activity reports	Activity reports

3. Introduction: About Forum for AIDS Counseling and Training(FACT)

3.1.Who Are We?

We are a youth and sexual and reproductive health and rights(SRHR) non-profit, non-governmental, non-political and nonreligious organization founded in Blantyre on **28th November, 2016**.

We are established by young people to employ young people to work with young people in contribution to implementation of the National Youth Friendly Health services strategy (YFHS 2015-2020), the National Youth Policy and achievement of the global 90-90-90 treatment targets in line with the National strategic plan for HIV (NSP 2015-2020) in Malawi.

We also have a stand-alone branch called FACT Women Empowerment Network(FWEN) which deals with issues of women empowerment with focus on adolescent girls. At present we have 4 full time and 3-part time volunteers.

3.2.What do we do?

We provide HIV prevention, comprehensive sexuality education, sexual and reproductive health and rights and other general adolescent health programs and services to young people.

3.3. What are the Services Currently available and to be available?

Currently Available

- Comprehensive sexuality education
- Mentorship programs carried out by FACT role models targeting primary school girls
- Training communities to make reusable sanitary pads
- Girl economic empowerment through entrepreneurial programs
- Promotion of general adolescent health
- Linking young women to SRH clinics for family planning
- Campaigns for voluntary male medical circumcision
- Distribution of Condoms, lubricants and condom education
- Social media counselling
- Relationship, career guidance and behavior change counselling to young people

To Be available

- Annual Young 100 Volunteer Program
- HIV and AIDS research
- Girlfriend-boyfriend HIV testing services
- Advocacy for ART adherence amongst young people

3.4. What have we achieved so far?

- Trained 50 peer educators in Blantyre in 2017
- Organized 2 behavior change communication campaigns in Manase and Chirimba in 2017
- Distributed over 30,000 male condoms and 2,000 female condoms
- Organized 2 behavior change campaigns targeting over 10,000 youth in Blantyre
- Trained 50 girls in rural Blantyre to make their own reusable sanitary pads
- We have provided online counselling to almost 700 youth via Facebook through our online campaign
- We have counselled to over 20 young couples and referred them to HIV testing Services
- We have reached out to almost 2,000 adolescent girls and boys through our project launched on 1st July, 2017 with sexual and reproductive health and rights awareness and comprehensive sexuality education in Chirimba and Kampala townships.

- We have trained 17 girls and 7 boys in our current project in Thyolo to become advocates of ending girl child marriages and peer educators.

3.5.What Projects Are We currently implementing?

- A self-funded Sexual and reproductive health and rights (SRHR) Blantyre Tour launched on the first July of 2017 at CI primary in Blantyre. So far over 2,000 adolescents reached. It is expected to end in 2019, July after reaching all major townships of Blantyre.
- We are implementing a 1-year, \$9,000 Project in Thyolo advocating for the end of child Marriages under ENGAGE, a program by Rise UP which is funded by the Bill and Melinda Gates foundation from August, 2018.
- From a Girl to a Girl: Mentorship programs for girls in school- This is another self-funded initiative that we will roll out in rural and urban Blantyre in December, 2018
- Red Dead: A Reusable Sanitary Pad Initiative for Malawi Girls- This project is unrolling from December, 2018.

3.6.Where do We Work and who do We Target?

The organization targets adolescents and the youth with key focus on **ages of 15-25**. The target is for all urban, semi-urban and rural areas. Here are some of the key targets:

- Young sexually active couples
- Young female sex workers
- Adolescent girls and young women
- Young men who have sex with men
- Young people who abuse alcohol and drugs

3.7.Funding

Currently FACT has no major donor and works with funds from the board of trustees, project grants, corporate contributions and well-wishers. As a non-profit organization seeking to work in the field of HIV and AIDS, Sexual and reproductive health, youth empowerment and women empowerment, FACT is currently seeking donors and sponsors.

3.8.Legal status, partnerships and memberships

We are a registered NGO with the government of Malawi. We are also registered with CONGOMA and the NGO Board of Malawi. Currently we are a member of MANASO. We are also in partnerships with several local organizations at present.

3.9.Goals

- Create and increase the demand for young people to seek and access sexual and reproductive health services including HIV testing
- Empower young people with the ability to prevent HIV through creation of employment including the volunteer program

3.10. Vision, mission and objectives

- **The vision of FACT is to empower young people through promoting their sexual and reproductive health and creation of jobs for them**
- **The mission is to provide HIV prevention and sexual & reproductive health services, and to be a source of comprehensive sexuality education via provision of easily accessible information and services to young people who are usually left out.**
- **The slogan is “NO YOUNG PERSON LEFT BEHIND”.**

3.11. The following are the Objectives;

- To empower young women through: provision of Sexual and reproductive health and rights awareness via comprehensive sexuality education and bringing girls back to school.
- To empower young people through: employment opportunities; extensive health information dissemination relating to HIV, STIs, sexuality and reproductive health; and offering training to peer educators, youth clubs, anti-AIDS clubs and volunteers.
- Provide HIV testing services to young couples and linkages to support groups, life skills, mental health, nutrition and STI screening and treatment.
- Implement programs for community mobilization and raising awareness to address stigmatization, discrimination, gender inequalities, and cultural practices such that hinder (HIV and STI) infection control
- Conduct research in assessment of response to programs on critical HIV and SRH issues to contribute to evidence informed policies

4. Statement of The Problem

Sanitary pads in Malawi are expensive. For most girls because they come from poor families and live in rural areas, sanitary pads are a luxury. As such they are forced to use rags, socks, or newspapers to stop menstrual flow from staining clothes and sometimes miss classes. This problem is sustained by poverty levels which are also high due to unemployment. Youth unemployment in Malawi around 7% according to the World bank but the figure is higher than this because the 7% is a sample of employable youth only. More than 50% of Malawians live below the poverty line while 25% live in extreme poverty according to the Malawi National statistics office (2017) and 80% of Malawians live in rural areas.

4.1. Rationale

The problem and the statistics indicate the problem of poverty that contributes to poor menstrual health hygiene. Our project will contribute to good menstrual health hygiene by

training 2400 girls to make their own reusable sanitary pads who will teach others and distributing 7,200 pads to young girls also. As part of our contribution to economic empowerment, we will recruit 10 girls and train them to train on top of the 2400 girls, 600 girls also to make commodities from locally available materials that they can sale.

5. Sustainability Plan

This project will train the girls to make reusable sanitary pads, make art and other commodities that they can sale for profit, will also train them to become mentors and peer educators on the cultural perceptions that propagate taboos on menstruation.

All the 2,400 girls trained, will be recruited into under FACT Empowerment Network(FWEN) and will be followed up after the project to make sure that they also train and mentor 10 girls.

The skills gained in this project will mean that these girls are able to look after themselves on the long term as they can still make the pads on their own and will be able to make some commodities that they can sell to fund the materials they need for pads and for other needs in their lives.

6. Implementing Staff

Officer	Position
Pemphero Mphande	Executive Director
Jeffrey Kaunda	M and E Officer
Samson Kalulu	Finance Officer
Theodora Mdokhwe	Director of FACT Women Empowerment Network
Madalitso Juwayeyi	Coordinator of Adolescent Girl Programs
Brian Chumbi	Deputy Executive Director/Programs Coordinator
Eneless Pemba	Menstrual Health Hygiene Officer

7. Budget

Item	Unit Price	Frequency	Total(\$)
1. Direct Costs			
Recruitment and Training of Volunteers	70	20	1,400
Training workshops for girls to make reusable sanitary pads	467	36	16,812
Entrepreneurship workshops	400	36	14,400
Materials for making reusable sanitary pads	4800	1	4,800
Materials for making art, jewelry and sandals	2700	1	2,700
Project Equipment(Sowing Machines)	98	12	1,176
Monitoring and Evaluation	200	12	2,400
Allowances for Volunteer Facilitators	628	12	7,536
Communications and Outreach(Media, printing)	130	12	1,560
Document development and editing(Resources for trainings)	300	1	300
Travel	334	12	4,008
Total			57,092
2. Indirect Costs			

Office Equipment and Supplies	1900	1	1,900
Telecommunications	70	12	1,400
Salaries and fringe benefits	1117	12	13,404
Office Rentals and Utilities	120	12	1,440
Totals			18144
Grand Total			75,236
Amount Requested			75,236