Empower 1000 girls: Periods with Dignity

Enterprise Project:
Norah, Saayi and Nasse Primary Schools, Uganda

Too often, girls in Uganda are missing school when they have their periods due to:

- **Lack of access** to **sanitary products**
- **Lack of access** to appropriate **sanitation** facilities
- **Entrenched taboos** and **stigma** surrounding periods
- **Fear** of staining their uniform and bullying from boys

An average of 18 school days, per girl, per year are lost due to periods.

Support 1000 girls within Gombe sub-county, Uganda to manage their menstrual cycle with dignity, through the **provision** of **affordable, reusable sanitary pads**, **menstrual health education** and **hygiene training** – keeping them in school, furthering their education and **improving their futures**.







Currently, periods, a natural part of being a woman, are affecting the girls' education and therefore futures. The girls often have no idea what a period is when they get it for the first time which makes for a frightening experience and they then have to **manage their periods each month without access to sanitary products**. Consequently, they are using **old pieces of cloth**, **leaves** and **sand**, so often **fear going to school** for risk of staining their uniform and being bullied by the boys.



Just a Drop will implement a **menstrual health management** and **soap-making Enterprise Project** across Norah, Saayi and Nasse Primary Schools to enable girls to have their periods with **respect** and **dignity**.

- Both girls and boys will be **taught** about **puberty** and **menstruation** to **relieve misconceptions** and **entrenched taboos**
- **Teachers** will be **trained** on menstrual health education to **support the girls** and will be given **educational materials**
- **Reusable sanitary pads** will be distributed so the girls can **manage their periods hygienically** and with **dignity**
- Establish a **local supply of sanitary products** and **soap** through **training** an **Enterprise Group** to **make** and **market washable sanitary pads**





Enterprise Group:
Norah, Saayi and Nasse Primary Schools, Uganda

The three schools will be facilitated to form one **Enterprise Group** of 15 members, based at Norah School.

The group:

- Will be **provided** with the **materials** and **equipment** needed to produce the pads and soap
- Receive **training** and support
- **Produce** and **market** the **re-usable sanitary pads** on a large scale
- P**roduce** and **sell soap**
- **50% of funds** generated will be **reinvested** into the business
- **Engage pupils** as a co-curricular activity





Outcomes

- **Increased school attendance** amongst girls
- **Increased educational achievements** and opportunities due to less missed school
- **Reduced incidences** of **water-borne** and **sanitation related illnesses**
- Girls can **manage** their **periods with dignity**
- Girls are taught how to **maintain** and **wash** their **pads** for **long-term use**
- **Knowledge** is broadened: both girls and boy understand about puberty and menstruation
- **Enterprise Group**: **supported** and **trained** - increase in family income, produce pads on a large-scale
- **Reduced stigma** and isolation of girls from boys due to **improved knowledge**
- **Reduced school drop-out rates**



Budget

The costs for the project are as follows:	
Item	**Cost – GBP£**
Mobilisation/Sensitisation – Menstrual Hygiene Management (MHM) education in schools	1111
Formation of Enterprise Group: facilitation, 10-day training, support	2,298
Enterprise Group: materials, equipment, start-up costs information/educational materials and translation, business administration and space costs	3,776
Visits to Enterprise Group and ongoing support	1,773
Just a Drop technical and project support	406
Project team liaison	304
Flights, accommodation, site visit costs	811
Total	**10,479**



Just
a Drop

www.justadrop.org
Registered charity no 1100505