



December 2025

Dear Global Giving Community,

Thanks to your generosity, menstrual health access has continued to grow across Latin America this year, reaching tens of thousands of women, girls, and people with periods who deserve comfort, dignity, and the knowledge to care for their bodies with confidence.



In 2025 to date, your support has helped Days for Girls reach 57,818 people with menstrual health programming, including 57,125 women and girls who received washable DfG Kits alongside vital health education, and 693 men and boys who participated in menstrual health education sessions. Your support helped us continue and strengthen programs in countries such as Ecuador, Honduras, Venezuela, Cuba, the Dominican Republic, Guatemala, Mexico, El Salvador, and Grenada.

Every day, through your generosity, people are learning about their bodies, accessing sustainable menstrual products, and breaking down barriers of stigma. Thank you for making this possible.

One of the most inspiring examples of this progress is unfolding in **Loja Province, Ecuador**.

Thanks to you, our team there has reached **4,173 women and girls and 500 men and boys** so far this year. Community leaders, local officials, and even the Vice-Prefect's Office have partnered with Days for Girls to strengthen outreach and support gatherings where menstrual health can be discussed openly. The project even gained regional media attention, and DfG Social Enterprise Leader in Ecuador, Andrea, was invited to speak at the National Assembly—an incredible milestone for menstrual health visibility in the country.



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Every DfG Kit distributed in Loja was sewn locally by the DfG Social Enterprise in Ecuador, creating jobs, building skills, and strengthening economic resilience.

Across all activities, the personal feedback we receive continues to be the strongest reminder of why this work matters.

Participants shared *“this training helped us feel safer when we are on our period,”* and *“I liked the talk because we didn’t feel embarrassed.”* Others told us, *“I learned so much about the menstrual cycle and how to care for myself,”* and *“It gave us more confidence.”* These powerful statements reflect the heart of what you make possible: the chance for someone to feel understood, supported, and empowered.



Because of you, menstrual health is no longer a hidden or shameful topic in so many communities. Together, we are creating spaces where girls can ask questions without shame, where boys learn how to be supportive, and where women feel heard and respected. You are helping build local leadership, strengthen small enterprises, and ensure sustainable access to menstrual products in regions that need it most.

Thank you, for walking alongside us, and alongside the women and girls whose lives are changed every day because of your generosity. We are deeply grateful for all you make possible.

With heartfelt gratitude,

The Days for Girls Team