



October 2024

Dear Global Giving Community,

We are excited to update you on our work in Latin America over the past several months, where your generosity has created transformative experiences for women and girls in need. Your support is not only helping to distribute critical resources, but it is also opening doors for knowledge-sharing and empowerment, especially for those who have often felt silenced.



In the last quarter, we have delivered 108 menstrual health education sessions across 69 different communities, reaching a total of 2,525 participants—1,515 girls and 1,010 women in Venezuela. Alongside these workshops, we have distributed washable DfG Kits to all the participants. The workshops themselves have proven to be more than just educational experiences, according to one of the participants, “the workshop was an incredible experience. They taught us so many good things, how to take care of ourselves, they helped us not be afraid or embarrassed of our body.” They have become safe spaces where women and girls can speak freely about their bodies and gain the confidence to challenge long-standing taboos. For many, ‘menstruation’ has been a forbidden word. However, after participating in our sessions, we’ve heard comments like: “I know now that it’s not something to hide, and we can speak confidently about it.” These moments reflect the broader cultural shift we are working toward—one in which women and girls feel empowered, not shamed, by their natural cycles.



The work we do is crucial in dispelling myths that have long restricted the lives of people with periods. One participant shared her story about being denied a ride on a motorbike because the driver believed menstruation would cause mechanical problems. During the workshop, she learned that these misconceptions are baseless, gaining the confidence to face daily activities without fear or embarrassment. This is just one example of how accurate information can dismantle harmful beliefs and create a more inclusive world.

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DAYS FOR GIRLS

While we celebrate these successes, we are also aware of the challenges. Many of the women and girls we serve come from low-income households, and some areas have proven difficult to reach due to local government restrictions. In one case, a school requested our support, but we were unable to hold workshops on their grounds. Undeterred, we moved the workshops to nearby homes, open fields, and even under trees. We remain committed to finding creative ways to ensure that no one is left without the resources and education they deserve.

One powerful story from the past quarter comes from El Vertedero, named as such due to being located next to a waste collection site. Here, a



15-year-old girl, who was shy and unable to read or write, participated in our workshop. Despite her initial hesitation, she left smiling and grateful for her DfG Kit, a small but meaningful step toward building her confidence and dignity. During the workshop, the girls also engaged in making menstrual cycle bracelets, and another participant proudly remarked, “If boys ask us about our bracelets, we have to tell them they are about menstruation.”

We recognize that menstrual inequity remains a significant and often invisible

problem, but we are inspired by the resilience of the women and girls we meet. They are the driving force behind this work, and together, we are making strides toward ensuring menstrual equity for all.

Thank you for continuing to stand with us. Your support is making a tangible difference in breaking down barriers, dispelling myths, and building a future where every girl and woman can experience her menstruation with confidence and dignity.

With sincere gratitude,

The Days for Girls Team