

## **MENSTRUAL HYGIENE DAY 2024**

### **THEME: TOGETHER FOR A #PERIOD FRIENDLY WORLD#**

Each month, 1.8 billion people around the world menstruate ([UNICEF](#)). Of that number, [World Bank estimates](#) that 500 million struggle to access menstrual products and facilities to appropriately manage their periods. Accessing products and services is just one of a complex set of challenges that contribute to [period poverty](#). Around the world, cultural taboos and societal stigmas continue to impact the health, dignity and wellbeing of girls, and women who menstruate in managing their periods.

At Ravens foundation, we tackle the barriers to safe menstrual hygiene management by training girls and women in making reusable menstrual pads. Since our inception of our project code named [EMPOWER 650 UGANDAN GIRLS TO CREATE MENSTRUAL PADS \(50165\)](#):we have equipped about 80 girls and women with skills in making reusable pads. We plan to train over 50 more girls and women before the end of 2024.

We call upon all people of good will to support our work and give a hope to a woman/girl in need. You can give a one off gift, but you can also give a monthly gift.

- \$10 USD will provide a menstrual kit to one girl for a year.
- \$20 USD will buy one set of assorted training materials for one month.
- \$ 30 USD can buy 10 packets of threads for three months.
- \$ 50 USD will buy one packet of hand needles for a year.
- \$ 60 USD can buy one roll of cotton material for a month.
- \$ 70 USD can buy one roll of bed wetter for a year, a lining material in reusable menstrual pads.
- \$ 80 USD can pay the wages of one trainer for one month.
- \$ 140 USD will help maintain the sewing machines.

**Vision:** Fanning the Wisdom of Motherhood and Nobility of Womanhood

**Goal:** Contributing to the process of TRANSFORMATIONAL DEVELOPMENT in the lives of teenage mothers, adolescent girls, other vulnerable women and communities.