

**Title:** Support Ending Period Poverty

**Location:** Mandera County

**Population:** 3000 girls

**Project Proposed:** Provision of Dignity kits

## Summary

Period poverty refers to women and girls lacking access to menstrual hygiene products, menstrual health education, hygiene facilities, and menstrual waste management, or a combination of these factors. Adolescent girls from marginalized communities in the Horn of Africa struggle to safely manage their periods, resulting in missing school days each month and resorting to using inadequate resources such as tearing old rags, feathers, blankets, mattresses, or paper to absorb their period. In Kenya, period poverty remains a pressing concern, with many low-income and rural women and girls struggling to access essential menstruation products. In many instances, these vulnerable girls also engage in transactional sex to afford these supplies, highlighting the urgent need for action.

Our initiative aims to provide dignity kits to 3,000 vulnerable adolescent girls in local primary and secondary schools in Mandera County, Kenya. In this county, many girls face significant barriers to accessing education, including period poverty. The dignity kits consist of menstrual products that will be used by the girls for a period of 6 months. Each kit includes a package of reusable sanitary pads, soap, and panties. Supporting menstrual management for adolescent girls will ensure that they can attend school consistently, improve their performance, and maintain their health and dignity. Providing them with kits and educating them on their use will also protect them from predators who prey on them in exchange for money to purchase sanitary pads. By supporting menstrual hygiene management and education for school-going adolescent girls, we will retain girls in school and allow them to focus on building a brighter future for themselves and their communities.

## Challenge

Lack of access to basic menstrual hygiene products is a major obstacle to the education and well-being of vulnerable girls and women in Kenya. Many girls miss at least four school days each month during their menstrual cycles because they do not have sanitary pads and other essential hygiene items. This absenteeism leads to poor performance and dropping out from school, forcing them into early marriages and early childbearing, with no future socioeconomic prospects. The stigma and challenges of managing menstruation without proper menstrual products can have long-term health and psychological effects on these girls, with increased rates of infections. This situation also leads to low self-esteem, low self-confidence, and low self-worth, causing young girls to skip school and depriving them of their right to quality education.

## Solution:

NAPAD aims to provide menstrual hygiene kits to 3000 vulnerable girls in 10 primary and secondary schools in Mandera County, Kenya for one school year. Each girl will receive a set of the dignity kit for the year. The dignity kits, which will include sanitary pads, soap, and other essential hygiene items, will ensure that these girls can attend school consistently and maintain their health and dignity. By addressing these

basic needs, we empower these resilient girls to focus on their education, break the cycle of poverty, and build a brighter future for themselves and their communities.

### Long-Term Impact

The environmental benefit of reusable pads is that they can be washed and reused multiple times, minimizing the amount of menstrual product waste in landfills. Additionally, although the initial investment in purchasing them is higher, these reusable pads save money in the long run because beneficiaries will not need to keep buying new ones.

This initiative will increase school attendance and retention rates for girls, ensuring that they can attend school consistently, even during their menstrual cycles. This leads to higher graduation rates and better educational outcomes. Improved health and hygiene from access to sanitary products and hygiene items reduce health risks and infections, promoting overall well-being. Empowered by these provisions, girls gain confidence and self-esteem, enabling them to participate more actively in their communities and pursue their education further.

Regionally, the initiative will contribute to the United Nations Sustainable Development Goals (SDGs). By supporting girls' education and health, we contribute to achieving gender equality, reducing poverty, and improving access to quality education as well as health outcomes worldwide. Educated and empowered girls are more likely to become leaders, entrepreneurs, and change-makers within their communities, driving social and economic development.

### BUDGET

Organization	Nomadic Assistance for Peace and Development (NAPAD)				
Project Title	Support Ending Period Poverty				
Project Location	Mandera, County				
	Units	Quantity	Cost per unit (ksh )	Frequency	Total Ksh
Provide 3000 adolescent girls with dignity kits. The kits include ( set of panties, a pack of reusable sanitary pads, bar soaps, basin)	Dignity Kits	3000	2400	1	7,200,000.00
Total					