



Humanity South Africa Foundation NPC

Reg. No. 2019/147197/08 | NPO No. 227-336 | PBO: 930068937

Website: www.humanitysa.org | Email: projects@humanitysa.org | Tel: 087 153 5786

DIGNITY 4 HER

Restoring Dignity. Empowering Girls. Transforming Communities.

BUSINESS PLAN AND FUNDING PROPOSAL

An Initiative of Humanity South Africa

Funding Request	USD 50,000
Implementation Period	12 Months
Project Focus	Menstrual Health, Dignity, Education and Women Empowerment
Prepared For	Prospective Donors, Funders and Development Partners

1. Executive Summary

Dignity 4 Her is a flagship initiative of Humanity South Africa dedicated to ending period poverty among vulnerable girls and women across South Africa. The project restores dignity, supports school attendance, improves menstrual health knowledge and empowers girls and women in disadvantaged communities.

Humanity South Africa seeks USD 50,000 to expand Dignity 4 Her over a 12-month implementation period. The requested funding will provide sanitary dignity packs, menstrual health education, life-skills workshops, community awareness and monitoring support for vulnerable beneficiaries.

2. Organisation Profile

Humanity South Africa is a registered non-profit organisation committed to serving vulnerable communities irrespective of race, nationality, religion or gender. The organisation was founded from a spirit of compassion, love and service, responding to the suffering of people through practical humanitarian interventions.

Core areas of work include food security, refugee relief, winter warmth, disaster response, youth development, skills support and women-focused dignity programmes.

3. Project Background

Dignity 4 Her was created to respond to the ongoing challenge of period poverty. Many girls and women from low-income households cannot afford basic menstrual hygiene products. This results in embarrassment, school absenteeism, unsafe alternatives and reduced confidence.

The initiative has already achieved significant impact, including the distribution of more than 800,000 sanitary packs, outreach to over 100 schools and an estimated annual beneficiary reach of approximately 150,000 girls and women.

4. Problem Statement

Period poverty remains a serious barrier to education, health, dignity and gender equality. In many vulnerable communities, girls miss school during menstruation because they do not have access to sanitary products or because menstruation remains surrounded by shame and stigma.

Some girls have reported using rags or other unsafe alternatives. Others are ashamed to speak about menstruation because it is treated as a taboo topic. Without practical intervention, these challenges continue to affect school attendance, confidence, participation and long-term opportunity.

5. Project Goal

To improve menstrual health, school participation, self-confidence and dignity among vulnerable girls and women by providing sanitary products, education and community-based support.

6. Project Objectives

During the 12-month funding period, Dignity 4 Her aims to:

- Support at least 5,000 vulnerable girls and women.
- Distribute 5,000 dignity packs.
- Conduct 50 menstrual health and dignity workshops.

- Reach 40 schools and community centres.
- Train and mobilise community ambassadors and volunteers.
- Reduce stigma and improve menstrual health awareness.
- Strengthen school and community partnerships.

7. Target Beneficiaries

Primary beneficiaries include school-going girls aged 10 to 19, young women, women from low-income households, rural communities, underprivileged schools and vulnerable community groups. Secondary beneficiaries include teachers, parents, caregivers, community leaders and volunteers who will benefit from awareness and education sessions.

8. Project Activities

Key activities will include procurement of sanitary products, packing dignity kits, school outreach campaigns, community distributions, menstrual health education workshops, life-skills sessions, beneficiary registration, volunteer mobilisation, partner coordination, monitoring, reporting and impact documentation.

9. Implementation Plan

The project will be implemented in phases. Months 1 to 2 will focus on procurement, stakeholder engagement and beneficiary identification. Months 3 to 10 will focus on distribution campaigns, school workshops, community outreach and volunteer mobilisation. Months 11 to 12 will focus on evaluation, reporting, learning and sustainability planning.

10. Expected Outcomes

Expected outcomes include improved school attendance, improved menstrual health knowledge, reduced stigma, increased confidence among girls, reduced use of unsafe menstrual alternatives, stronger community support systems and improved dignity for vulnerable girls and women.

11. Budget Summary

The following budget reflects the requested funding of USD 50,000 for a 12-month implementation period.

Budget Line Item	Amount (USD)	Percentage
Sanitary dignity packs and hygiene products	\$25,000	50%
Educational materials and printing	\$4,500	9%
Transport and distribution logistics	\$6,000	12%
Community workshops and facilitation	\$4,500	9%
Monitoring, evaluation and reporting	\$3,000	6%
Administration and coordination	\$3,500	7%
Communications and awareness	\$2,000	4%
Contingency	\$1,500	3%
TOTAL FUNDING REQUEST	\$50,000	100%

12. Sustainability Strategy

Dignity 4 Her will be sustained through corporate partnerships, individual donors, grant funding, school partnerships, volunteer mobilisation and long-term supplier relationships. Humanity South Africa will also continue to build donor confidence through transparent reporting, beneficiary stories and measurable impact data.

13. Monitoring and Evaluation

Project performance will be measured through the number of dignity packs distributed, number of beneficiaries reached, number of workshops conducted, schools reached, attendance data where available, beneficiary feedback, photographic evidence, partner reports and quarterly monitoring reviews. A final impact report will be prepared for the donor.

14. Risk Management

Potential risks include price increases, supply delays, transport challenges, school calendar disruptions and limited access to some communities. These risks will be managed through multiple suppliers, advance planning, volunteer networks, flexible distribution schedules and strong relationships with schools and community partners.

15. Alignment with Development Goals

The project contributes directly to SDG 3: Good Health and Well-being, SDG 4: Quality Education, SDG 5: Gender Equality and SDG 10: Reduced Inequalities. It also supports dignity, inclusion and community empowerment.

16. Why Fund Dignity 4 Her

An investment of USD 50,000 will directly improve the lives of vulnerable girls and women by providing access to menstrual hygiene products, education and dignity support. The programme has a proven track record and a strong community presence, making it well positioned for measurable and meaningful impact.

17. Conclusion

Dignity 4 Her is more than a sanitary pad distribution programme. It is a movement to restore dignity, protect education, promote health and empower vulnerable girls and women. Humanity South Africa respectfully requests USD 50,000 to expand this proven initiative and ensure that no girl is prevented from learning, participating or thriving because of menstruation.

18. Contact and Banking Details

Organisation	Humanity South Africa
Telephone	087 153 5786
Email	projects@humanitysa.org
Website	www.humanitysa.org
Bank	First National Bank
Account Name	Humanity South Africa
Account Number	63074956625
Branch Code / SWIFT	250655 / FIRNZAJJ