

Education For All

#MenstruationMatters



Positive Periods

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#MenstruationMatters

GIRLS ARE MISSING OUT ON A QUARTER OF THEIR SCHOOL TIME, WHY?



Because period products are not affordable every month and girls do not have the facilities to manage their periods.

The Positive Periods programme teaches students about menstrual health and how to make their own reusable period pads. This enables girls to stay in school.

The period pads are made using locally sourced materials, affordable, sustainable, washable and reusable, long-lasting, comfortable and very importantly eco-friendly.

This is a sustainable approach to the challenge faced by women and girls worldwide. So far we have run this programme in Cuba, Ghana, Guinea Bissau, Haiti, Malawi, Sierra Leone, The Gambia and Uganda, impacting over 160,000 girls in 2023.

Educators in each country take ownership of the programme and run it in their unique way, that will have maximum impact in that culture.



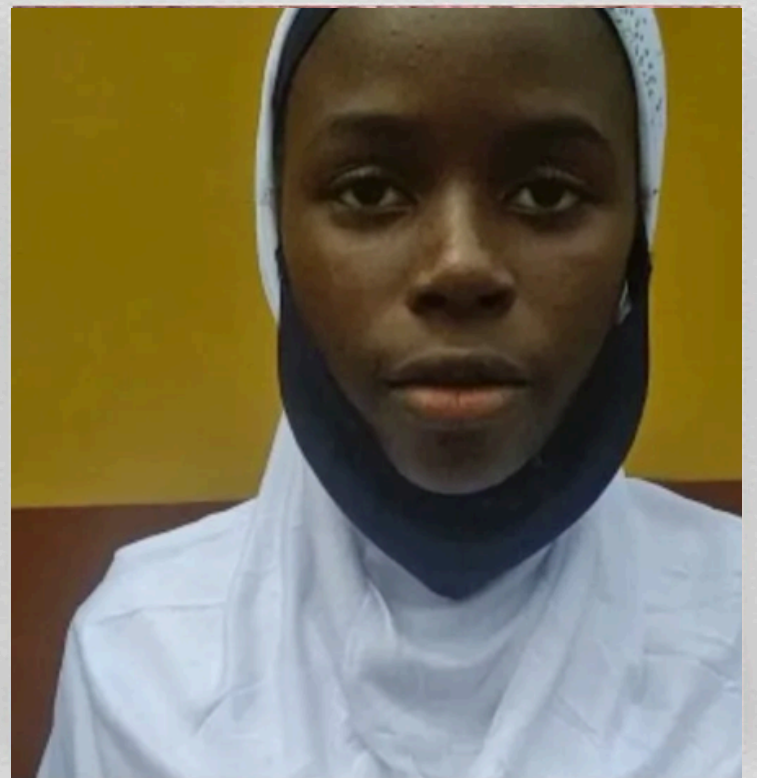
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Positive Periods

“One day, when I experienced my period, I decided to use various pieces to stop the blood. Then my mother decided to send me to the market. When I arrived at the market the piece fell down with blood all over it, and many people saw it and told me to take back what I have done. So, I took it and ran back home in shame. When my mother saw me, she asked why are you coming home without the things I sent you for. Then I explained to her what happened in the market.

Since this program has taught me how to take care of myself it has changed my life in so many ways. I am very comfortable knowing how to make my own sanitary pads without the help of anybody, and without having to feel ashamed among my friends when going to school or doing any important thing in my life. So now I collect material to make sanitary pads for myself.”

Arana



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The Gift of Positive Periods



SCAN ME

