



Girls2Women



School girls learn how to make reusable feminine pads.

Highlights

- 2010 Introduce Project
- 2011 Assist Schools to Expand project
- 2012 Mekelle Workshop
- 2013 Midwifery Student Collaboration
- 2014 Bahir Dar Uni. Workshop
- 2015 Income Generating Program

Achievements

Growing Up— an information booklet for girls developed from the Mekelle workshop & published by Blurb books.

Improved school latrines.

Menstrual Hygiene and Management taught in schools.

A Sustainable, Economical and Empowering Project Keeps Ethiopian Girls in School.

In 2010 Girls2Women introduced the project of teaching school girls how to make their own reusable feminine napkins from local cotton. School Administrator, teachers and the girls embraced the simple yet powerful project. They report how their self-made reusable pads make them feel confident and comfortable during menses.

School absenteeism due to menses has dropped to **ZERO** and advancement to college is soaring. The girls proudly report the number of other girls they have taught. "I even taught my mother who taught other mothers in my village." one young girl told us on a recent visit to a rural school near Bahir Dar.

That is the difference **Your** donations are making. *pays for the material and supplies.* MAA Garments in Mekelle supports

the program by selling us good quality colored cotton at cost price.

Teachers support the program by setting aside 2 hours every month for the girls to make their pads at school. Schools that have met their target of 4 pads per girl allow the girls to teach the skill in nearby schools.

The Dean of Mekelle University Medical School, Dr. Zerihun supports the program by his power of persuasion. Dr. GebreAb Barnabas, who's desire "to keep girls in school", sparked the birth of Girls2Women supports the project by his constant encouragement to educators.

The Logos of HA-OCST, Bahir Dar University and Girls2Women adorned the certificate of attendance at the Bahir Dar workshop March 23rd 2013, attended by secondary school and college students.



January 11, 2014 Alehubel & Team

Partnerships

- Tigray Midwifery Association 1
- HAWE 2
- Elsa Hailemariam & Balcha Berhanu Addis Ababa 3
- MAA Garments 4
- Mekelle University 5
- Bahir Dar University 6



Training Session completed

Bahir Dar Income Generating Project 2014—2015

Alehubel CEO of **HAWE in Bahir Dar, Ethiopia** has established partnerships with the city's administrative offices. Students from the local high schools are assigned to do their community services at HAWE, where they learn the principles of community health management, adolescent health and income generation. Students and Professors from Bahir Dar University as well as Students & their teachers from local High Schools attended.

During the all day event students made feminine napkins & under ware. "This was one of the most empowering activities they had ever experienced", many students wrote in their evaluation.

The new party design was

launched. This was enthusiastically received. Each student successfully completed a pad and panty set to take home.

A certificate of attendance with a pledge to teach others was presented to the students.

During our brainstorming session the idea of making reusable baby diapers was introduced adding a new item to our repertoire.

challenges college students encounter.

Girls2Women shared the expenses for the workshop.



Pad, holder and carrier



The power of making feminine pads

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How Your Donations Help

Material Costs:
 1 yard/meter cotton material - \$10 —
 makes 16 pads = 4 pads/girl.
 Foot-pedal sewing machine \$350.00

Girls2Women has been granted 501C3 status from African Services Committee, 429 West 127th St New York, N. y. 10032 Checks payable ASC for Girls2Women. All donations are used for the program. Travel & administration costs are from private funds.

Girls2Women grew out of a need to keep Ethiopian girls in school. Studies had shown that girls were missing as many as 5 days per month because they lacked adequate menstrual protection. Keeping girls in school was the problem Dr. GebreAb Barnabas, Health Bureau Chief of Tigray challenged me with when we met in 2009. With the help of Columbia Nursing Students 2009-2010 we developed a product that was culturally sensitive, economical and reusable. We launched the project in 2010 and it has continued to grow ever since. Thanks for the donations of wonderful friends and family.

Our mission is that every Ethiopian girl will know how to make her own feminine pads and underwear by 2015. School attendance, menstruation management and sanitary latrines are a major part of the program.

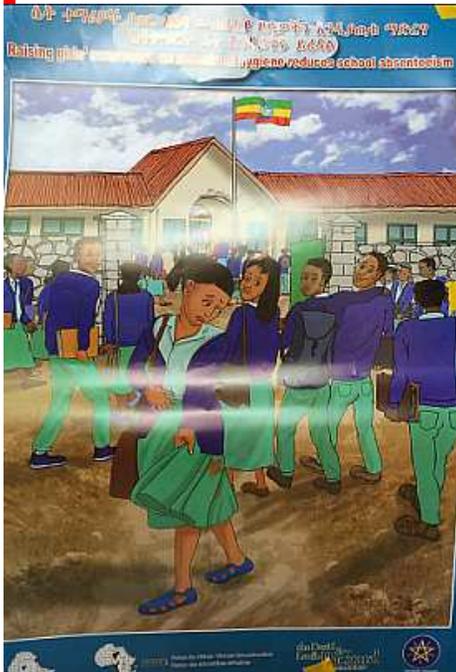


A student at Agulae, school proudly displays her completed pad.

It takes many students 30 minutes or more to walk to school .



Columbia Students' party design 2013



Students Learn Tailoring in High School

Kasnet School, Mekelle has shown real progress since our visit in 2010. Students with their home room teacher's guidance had made a surplus of pads for distribution at school in case of an emergency.

Prior to introducing the project, teachers contributed part of their salary to purchase commercial pads.

In consultation with the school Administrator and teachers the benefit of school sewing machines was explored. Teachers were willing to study tailoring and sewing machine management in their own time. Girls2Women sponsored the training which was provided by a local NGO Upon completion of their studies G2W supplied the school with sewing machines.

become tailors. They are learning how to make school uniforms, children's clothing and alterations.

Imagine students will graduate from high school with an income generating skill.



Many schools in Tigray have hired latrine managers which has improved sanitation & privacy.



GebreAmlack, President of the Tigray Midwifery Association with his students leads many teaching session throughout Tigray Provence. Thousands of students have been taught in this way.



Midwifery student, Freneni, assists a student during her training session.



Columbia students Kelly, Mary Marni

As of January 2014, the school has a 2nd class of 15 students training to