

SANITARY THUTHUZELA PROJECT

Women play an integral role in our communities, especially young girls who aspire to achieve great success in the future. For many girls it is not possible to go to school when they have their periods because they can't afford sanitary towels. We did a survey amongst the girls at schools in the metro and the result was that each girl is absent from school during her menstruation for an average of 5 days per month – This equates to a whole term (3 months) per year.

This creates a huge dent in their education as there are no extra classes offered where they can recoup the loss of work. No girl should miss school because of their menstruation. Our objective is to empower young girls to become more confident within themselves in order to realise their full potential and achieve anything they aspire to.

We focus on girls in primary schools as they are still immature and the ones who are the most vulnerable. Apart from just furnishing them with sanitary towels, we also raise awareness about;

- The importance of hygiene during the menstrual cycle
- How do I tell my Mum or Dad that I got my first period?
- What is the difference between a Tampon and a Sanitary Towel?
- Can I go swimming during my Period?
- What happens if I don't have pads or tampons?
- What happens if my clothing is stained?

