HYGIENE & DISTRIBUTION GUIDELINES

Questions? We are always happy to help.
Contact us at:
distribution@daysforgirls.org
www.DaysforGirls.org
www.Facebook.com/DaysforGirls
Thank you for partnering with Days for Girls International to enable more women to have access to quality, safe and sustainable feminine hygiene.

We are grateful for your efforts, and grateful to the many volunteers from all over the globe who contribute time or resources to support, sew, and transport Days for Girls kits, empowering communities to help more women have access to hygiene.

Each Days for Girls kit is designed to help women live quality days while menstruating. Each kit is handcrafted with care.

In this distribution booklet:

1) What is in a kit?
2) How to use Days for Girls kits
3) Why Washable Pads? Q&A’s
4) Topics for distribution & tips
5) Reporting back... Photos please!
6) Together we can

Important details...

Their Own Business:
Days for Girls is offering training and partnering with NGO’s who have distributed with us to create women’s enterprise centers where women can create their own kit components or train others to make kits for the communities they serve in. After you return from your expedition feel free to contact us. Ask us about sustainable kit partnerships and we’ll work to help you develop a plan.

You are appreciated!
Feel free to contact us if you have any further questions. Safe journey. Thank you! And welcome to the team... together we can reach the goal of every woman in the world having access to feminine hygiene. One woman at a time.

info@daysforgirls.org  www.DaysforGirls.org
Hours of labor, cost, dedication, and all our volunteers ask in return is...

PHOTOS and STORIES!

Capture the Moment:
Photos help our volunteers see the results of their efforts. Photos also help us to promote your efforts and build awareness of the need for hygiene solutions. For these reasons it is very important to take photos of the distribution (especially photos that capture the feeling of those receiving them) and get copies back to us as soon as possible. We trust that you will acquire photo releases from anyone who requires them (your staff or volunteers, for instance).

These photos may be used to promote the efforts of Days for Girls. When we receive photos, we assume permission. Thank you!

Share Your Stories:
Please email to let us know a brief story of how the distribution of Days for Girls kits went. One group that took kits to Uganda even sent us video footage of their efforts! Personal stories help others understand the importance of this work. Your feedback informs ongoing efforts and our volunteers delight in your stories.

What’s next?

Follow Up.
We will be contacting you six months after distribution to learn more about how long-term usage is going and get more feedback, particularly in regard to stories of how kit access changed girls’ lives and how any changes in the kits might be of benefit.

- 2 moisture barrier shields
  (These wrap and snap to panties to hold pads in place)
- 8 absorbent flannel liners
  (10 in Postnatal)
- 1 pair of panties
- 1 washcloth
- 2 one-gallon size Ziploc baggies
  (For wet or soiled items and to soak items in)
- Cloth drawstring bag to contain kit
- Optional bar of soap
Every woman, everywhere, has something in common with YOU. Nearly all of us have experienced monthly menstrual periods.

What to tell Days for Girls kit recipients:

- Your kit is washable. That means you are free to use your pads again and again whenever you need them. You’ll find instructions to wash them in a few more pages.

- Your kit has two shields to serve as a moisture barrier for your panties and also to hold your liners in place.

- The tri-fold liners fold in three and act as the “pad” in your kit. These absorb a lot and unfold to wash and dry easily.

- Heavy flow? No problem. Tuck a second or third liner in your shield under each of the pockets of the moisture proof shields that you received with your kit. Adjust these based on your flow needs.

- Your plastic baggies are good for keeping your kit stored and clean. Ask how.

The Value of Women: Emphasize the strength & value of women during your presentation.

- It is vital to discuss women’s reproductive health, why and how periods happen, and that it is not a curse, but a blessing (without periods there would be no people!) that almost every woman in the world has in common. Then introduce the segment about standing up for each other, believing in oneself, and understanding they have the right to stay safe.

- Local women leaders should join you in leading the discussion. Let them tackle the discussion of preventing AIDS, and even FGM and standing up for each other against molestation. Many cultures believe that a woman who has been raped is “spoiled” and “tainted” so there is no hope for pure choices as it is “too late.” This is a great chance to explain that the perpetrator’s violence does not spoil her, but rather her future choices are what matter.
  - According to one World Health Organization report, as many as 72% of women in Africa have been sexually exploited by age 12. It is always more powerful done with locals as spokespersons at your side. Frequently they have powerful stories of their own experiences. Sensitivity and sincerity are key here.

- TIP: You may download 8 x 10 photos of women leaders from their country, and share the stories of how they make a difference (we include a mother as one of the role models) and assure them that their community needs them too. TIP2: The boys can discuss this issue too while making a TippyTap.org

Kits open doors!

We have seen the results of empowerment through open communication, and it is phenomenal! Please feel free to contact our team for more assistance.
**Opportunity Knocks!** Distributing Days for Girls Kits is a great opportunity to experience quality dialogues, perhaps even overcoming taboos on important issues. If possible, distribute and explain their usage only to groups of women. We recommend sending men from the room as this usually opens communication more.

**Discussion Points:**
- The washcloth is a great opening for the health & hygiene talk.
  - In some areas, bathing during menstruation is a taboo. When your team shows the kit’s components, it’s also a great opportunity to mention that cleanliness is healthy.
- Approach presentations with a sense of appreciation & awareness of local culture and people. Many cultures have taboos and sensitivities that can be addressed. This is one of the reasons why including locals is so important.
- **TIP:** Bring glitter with you. It’s a great visual for teaching about germs. Explain that we can’t see germs with our eyes, but they’re there and they spread from person to person. Put some glitter into your hand (fine glitter is good for this), touch someone, and have them touch someone else, showing how germs spread. Explain that hand washing can wash away real germs that cause illness.

**TIP:** Bring black Sharpie markers so the girls and women can initial their kit components for easy identification. When counting girls at schools, be sure to add kits for teachers and support staff.

- You can add extra liners on extra heavy flow days, or night.
- If you need more liners, you can make more out of cotton fabric or old tee shirt pieces, if you have access to them. Or, purchase them from local businesswomen if there is a local DFG enterprise set up near you.
- Wrap the “wings” of your shield around the crotch of your panties. Pull panties up into place.
- Change pads as needed. As with any product, you need to change the liners regularly in order to prevent leaks. Approx. 2 – 4 hours.
- With experience, you will learn how many liners will last you through the day or night. Of course you have to wash them, but it is worth it once you get used to it. Comfort and reliability is the goal. Be sure to dry them in the sun if possible (it kills germs!) of their lives, after just 3 years of use ~
Washable pads mean you have what you need to take care of yourself, whenever you need it. Plus you are not adding trash to your community.

How to explain how to care for them:

As soon as possible after using them: soak used pads and liners in cold water (you can use your plastic baggie). Grey water is fine for this step. The plastic baggie in your kit can also contain soiled items to transport them. It’s okay if you let them dry out, but there will be odor and items will likely be harder to get stains out of. Besides, the faster you wash them, the faster they can dry and be ready for use.

Wash. With soap and a mixture of bleach or borax if possible (2 parts bleach to 20 parts water). If not, use soap alone.

Rinse well. Be sure to dispose of wash water away from public water sources and traffic areas.
Tip: You can make a water disposing area by digging a hole in non-clay soil away from water sources and filling it with stones. The dirty water will trickle down into the ground (again, be sure this is not close to your drinking water sources).

Sun Power! Drying your kit elements in the sun is a real plus. This will kill even more potential germs and dry them quickly. Before storing your kit elements for the next usage, please ensure that they are completely dry so they do not mold. Do NOT iron your shield on extra high heat... it has a moisture barrier inside that could melt and separate.

Tippy Tap Hand-washing Stations: www.TippyTap.org

NOTE: For health reasons, please wash only your own pads and do not share yours with other women.