

# Connect the Dots:

Women, Health, and Sustainability

Days for Girls International

Annual Report

2014-2015





# What if...

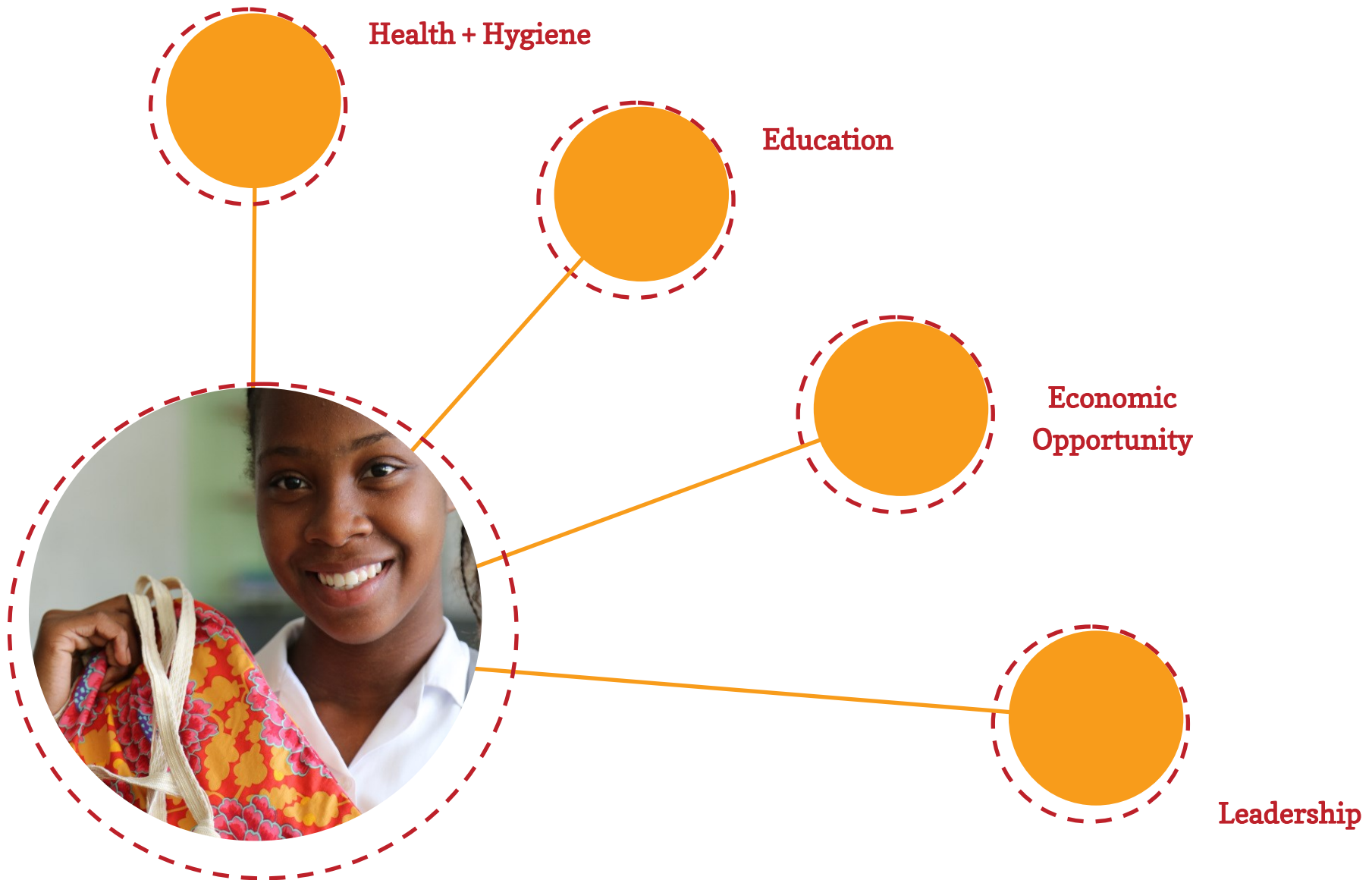
...one of the solutions to breaking the cycle of poverty...

## ...fit in our hands?



1610 Grover Street  
Suite B22  
Lynden, WA 98264, USA  
360.220.8393  
[info@daysforgirls.org](mailto:info@daysforgirls.org)

A DfG hygiene kit costs \$10 and lasts three years. That's a tiny investment with a far-reaching impact.



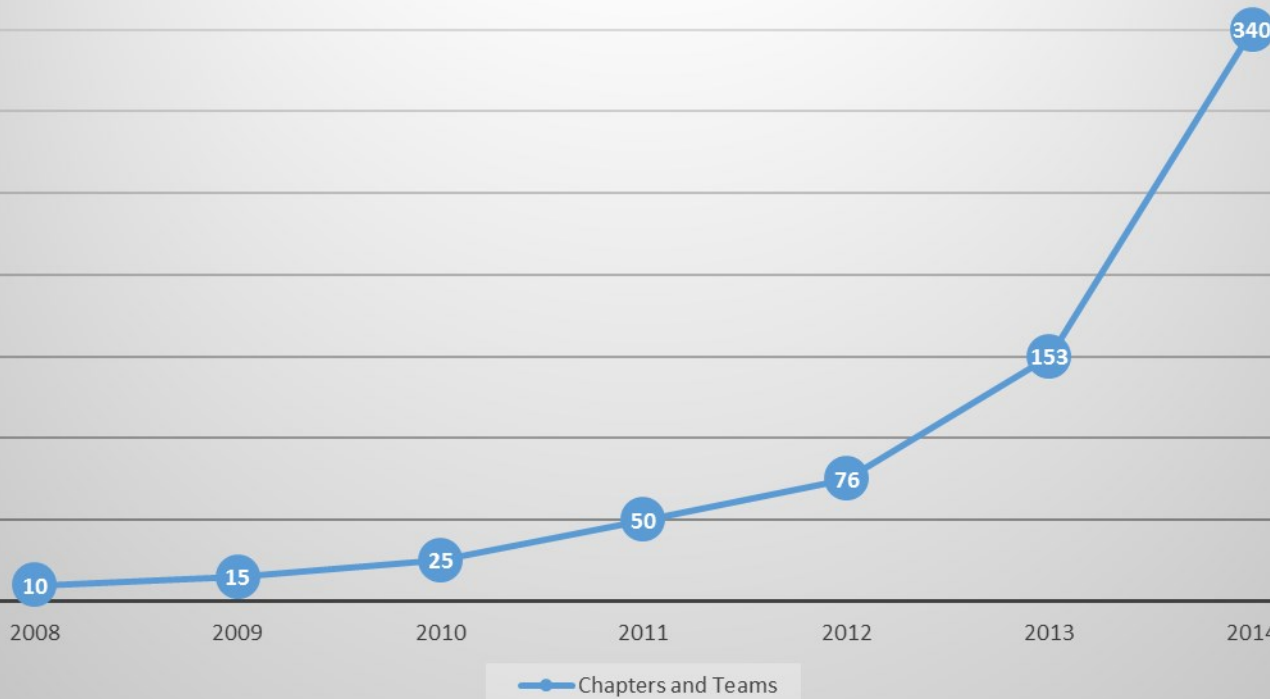
“When we have those kits, **we can do something great in this world.**”

-Noreen



2014 was another incredible year of growth.

### Chapters and Teams



2014

80

countries reached

2013

60

countries reached



## A Lot Can Happen In Three Years...

Days for Girls Kits last for up to three years. A lot can happen in three years. In that time, a girl can become educated. A woman can provide for her family. The cycle of poverty can be broken. Here's how DfG kits work, and how they get to areas in need.



### How Three Years Makes a Difference:

A girl will gain back 180 days of school.

A woman will go 36 months without work interrupted.

Women and girls will regain their dignity.

## Country-Based Programs

It all starts with a Center. Centers are the hub for a country. They make kits, they train trainers...they do it all. DfG Enterprises are groups that finish sewing pre-cut kits made by Centers, and sell them in their communities. Ambassadors are the final piece. These individuals support both their families and their communities by providing vital health information and by selling DfG kits.

Interested? Please contact [enterprise@daysforgirls.org](mailto:enterprise@daysforgirls.org).

DfG Center

DfG Enterprise

DfG Ambassador

Kenya: 5 out of 10 school girls go without access to pads. (UNESCO)

Pakistan: 56% of women said menstruation disturbed their professional life. (IRSP)

India: 70% of girls didn't know what menstruation was before their first period. (Water Aid)

## Donors

Donors ensure the model can be replicated anywhere. Donors provide vital support, through sponsoring kits, making training possible, and ensuring DfG has the team necessary to reach Every Girl. Everywhere. Period.

Our supporters include companies, foundations, and individuals. Days for Girls has a Gold-Level Ranking on Guide Star, is a Girl Effect Champion and has been featured in O Magazine and Rotarian Magazine.

Are you interested in helping health and opportunity flourish? Please contact [development@daysforgirls.org](mailto:development@daysforgirls.org).



## Chapters and Teams

Chapters and Teams are the volunteer heart of Days for Girls. Chapters and Teams are the force that has enabled DfG to reach over 100,000 women and girls in 75+ nations. All volunteer groups start out as Teams. Teams and Chapters sew, raise awareness and funds, and facilitate transport kits to areas in need.

You can join us. Please contact [chapters@daysforgirls.org](mailto:chapters@daysforgirls.org).

Sew DfG kits

Spread awareness

Transport kits to areas in need

Raise funds/support

### The Innovation of the DfG Kit:



Culturally appropriate: Provides the solution women and girls ask for.



Easy to dry outside: Doesn't look like a typical pad, so women are not embarrassed.



Environmentally friendly: Uses little water, and doesn't create waste like disposable pads.



Durable: It lasts for 3 years.



# Health and Hygiene.

27

The number of iterations Days for Girls developed before designing the current DfG Hygiene Kit. Each design was created with the wisdom of those we serve.

## Days for Girls Kits:

- Wash with very little water
- Guard against leaks
- Dry quickly and easily, without creating embarrassment for girls
- Last for up to three years



# Top Five Reasons Why Washable?

1 

Days for Girls kits last up to three years. In that time, a girl can earn back up to 180 days of school and opportunity that would otherwise be lost.

2 

Each DfG kit costs \$10. Even if a month's supply of disposable pads costs \$1, a girl will save \$26 with washable options in three years.

3 

Washable pads and menstrual cups both save on waste, which makes them good for girls and good for the earth.

Did you know?

Washable options would save 1.3 tons of waste annually just in the US and Canada.

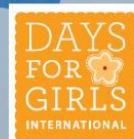
4 

DfG kits were created with the wisdom of those we serve, so the design meets unique cultural and environmental needs.

5 

DfG kits are a great solution in areas without strong distribution systems, because girls don't need a new supply every month.

[www.daysforgirls.org](http://www.daysforgirls.org)







# Education. ----->



In Kenya, 5 out of 10 school girls don't have access to pads. (UNESCO, 2014)

In Iran, 15% of girls miss school every month because they lack pads. (Ten, 2007)

Days for Girls kits have shown to increase school attendance.

- In Uganda absence rates went from **36%** before distribution of kits to **8%** after distribution in one catchment area.
- In Kenya, absence rates went from **25%** before kit distribution to **3%** after distribution in one school.





# Entrepreneurship.



Days for Girls believes women and girls should be able to meet their own health and hygiene needs. Because of that, DfG is establishing **DfG Enterprises** by training women in sewing, reproductive health, basic business skills, and soap-making.

In the past year, the Days for Girls Uganda team:

- Enabled the creation of 38,102 DfG hygiene kits
- Trained 16 organizations to become enterprises
- Employed 20 full-time and part-time staff

*"I am so grateful to Days for Girls for the chance I have been given. **The package brings about a change in my life.** It is not expensive, and so helpful when traveling to areas without places for deposit of sanitary materials."*

- Emily



# US-Based Entrepreneurship.



Days for Girls wants to ensure access to hygiene solutions for Every girl. Everywhere. Period. To do that, we are proud to announce that in 2015 we launched our social venture, Zuberi. Zuberi means “strong” in Swahili, because Days for Girls believes we are all strong girls. Zuberi will also sell washable hygiene kits in the US. Proceeds from these products will support hygiene solutions for girls and women all over the world.





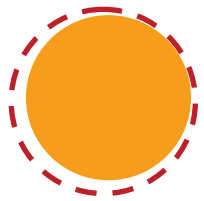


# Leadership

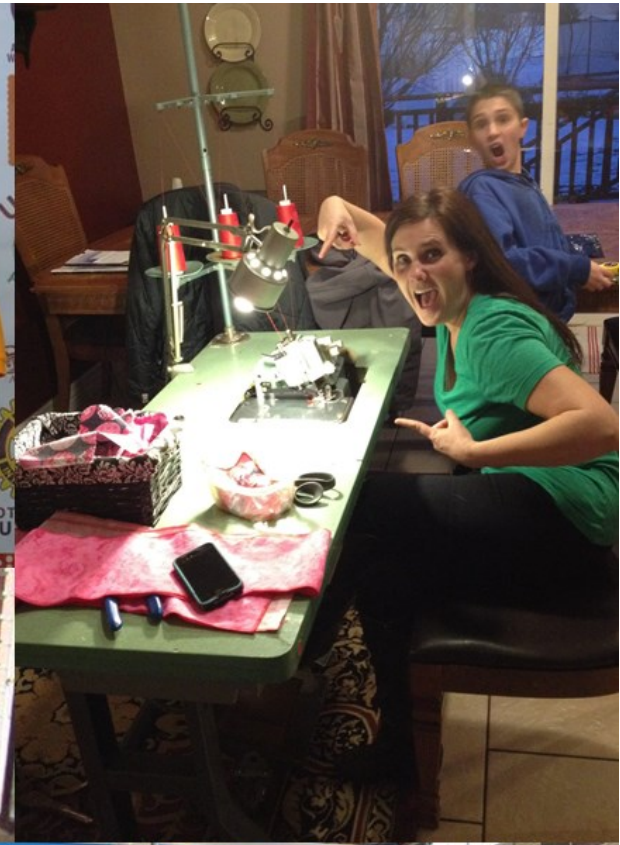


Days for Girls hygiene kits spark conversations. When women have the opportunity to discuss health, stigma, and self-esteem, they also have the opportunity to shift how they see themselves. Days for Girls Ambassador of Women's Health Training provides vital health information and empowers women to become leaders in their communities.



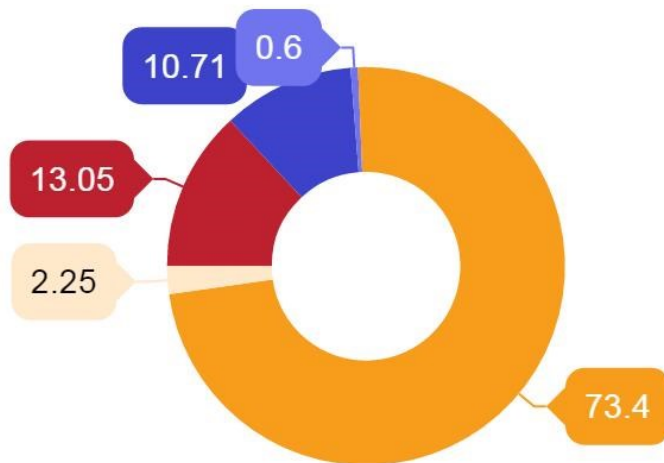


...All While Building a Global Family.

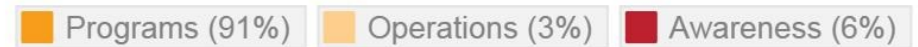


# 2014-15 Finances

Income



Expenses

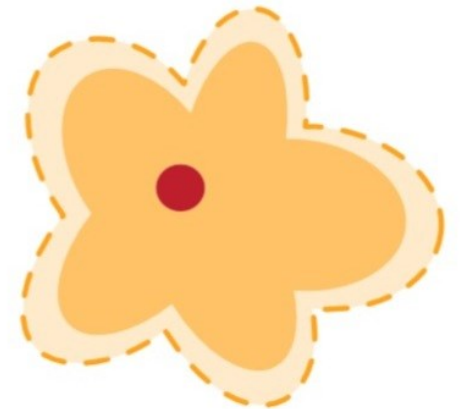


Total operating budget: \$1.59 million



# Honors and Features to Date

- Featured in O Magazine, The Huffington Post, Salon, Forbes, The Seattle Times, and NPR
- Featured at the 2015 UN Commission on the Status of Women, and at the 2014 International Rotary Convention (“best booth” winner)
- Two-time Girl Effect Champion
- #OperationGirl Winner
- Top-rated nonprofit on Great Nonprofits
- Gold Level Guide Star Rating



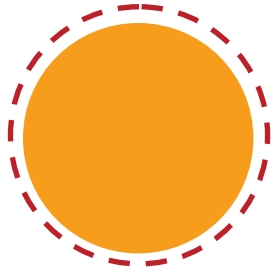
# Our 2014-15 Partners



Days for Girls would also like to thank:

- The John and Ann Lewis Family
- The McQuarrie Family Foundation
- Decker Ridge Joint Revocable Trust
- The Grey Family Foundation
- Sandra N. Tillotson Foundation





# How We Can Support Girls and Families Together Through Health and Sustainability

- Create social goodness through an Honest Company product partnership
- Sponsor a Days for Girls Enterprise
- Honest Company staff can pay it forward with Days for Girls: opportunities include fabric and packaging design, language translation, publishing awareness materials, sponsoring events, and donating air miles.

