

Girl Child Movement Feminine Menstrual Hygiene Management Project

Menstrual health management is an integral component to achieving the Sustainable Development Goals, particularly **3** (Good Health and Well-being), **4** (Quality Education), **5** (Gender Equality), **6** (Clean Water and Sanitation), **8** (Decent Work and Economic Growth) and **12** (Responsible Consumption and Production).

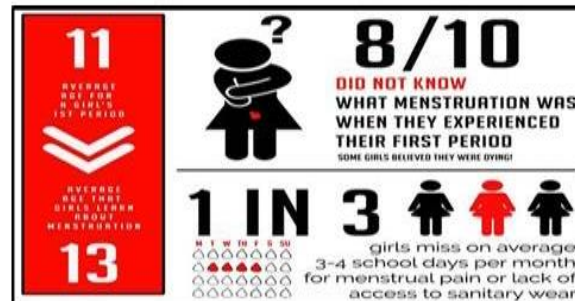


SUSTAINABLE DEVELOPMENT GOALS
17 GOALS TO TRANSFORM OUR WORLD



DID YOU KNOW ?

The results, according to UNICEF, is that 1 in every 10 school girls in Africa miss classes or drop out of school completely. Girls who cannot afford pads or tampons miss approximately 3/4 days of school a month. There are many aspects that link girls' attendance to their menstrual cycles.



**Girl Child Movement
Re-usable /Washable Pads
Manufacturing Project**

For many families, basic survival is a priority and there simply isn't enough money in the budget to buy pads every month. The tremendous savings on sanitary products contribute to the financial well-being of their families. The pads are simply washed and reused each month. ONE washable pad is = 144 Disposable pads over 48 months. With proper care our pads will last for approximately 4 years.

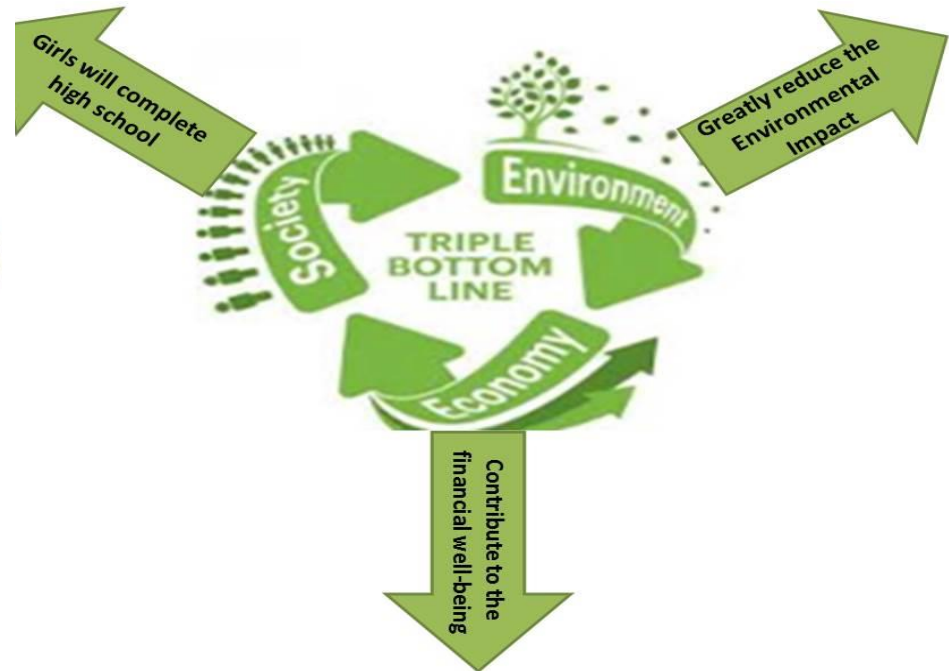
DID YOU KNOW ?

**The average pad / tampon cost R1.50 and girls /women use an average of 25 sanitary products during one period = R37.50 per month ... R450 per year x 4 years = R1800 per girl
Massive saving of monies.**

Disposable sanitary pads take up to 500 years to disintegrate and are either sent to landfills or go through the sewage system and end up polluting the ocean and beaches. Wrapping of pads and tampons made from long lasting plastic = plastic waste. Ground pollution from fertilisers, pesticides and chemicals used to grow cotton used in pads/tampons.

DID YOU KNOW ?

A cycle normally lasts for 5 days and most girls and women use 5 sanitary towels per day i.e. 5 towels x 5 days = 25 per month x 12 months = 300 soiled towels per year per person that will end up in landfills x ????



- **Our attempt to transform the minds of our girl child members nationally as agents for change to use re - usable / washable pads and promote and encourage girls in general to use it.**
- **Our contribution to put systemic alternatives for transformative change through reuse and sustainable design in our economy so that there is less extraction of raw materials and waste on our landfill.**
- **Joining and advancing the Cloth Revolution !!!**

#powerof10milliongirls

- ❖ **10 million girls
one MOVEMENT**
- ❖ **10 million voices
one VISION**
- ❖ **10 million cries
one HOPE**
- ❖ **10 million ideas
one OBJECTIVE**

Girl Child Movement



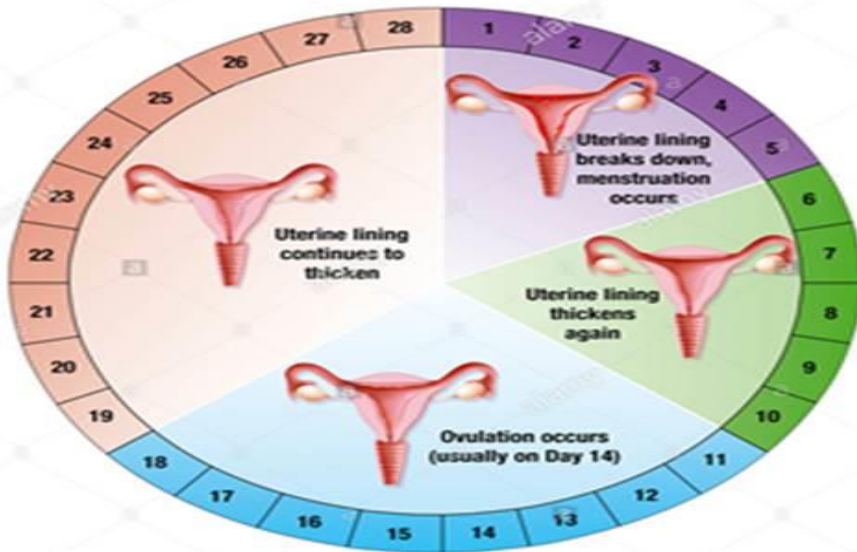
Empower girls now:
Secure a better future!

**10 million Girls working together in
a Cooperative MOVEMENT putting their HOPE in a
VISION to reach their OBJECTIVES**

"Restoring Dignity Through Self Reliance"

If one Girl can why can't you.....?

**We are calling on the
10 Million Girls in
South Africa
TO JOIN ,BUILD AND HELP
SUSTAIN A
NATIONAL GIRL CHILD
MOVEMENT (GCM)**



Phase 3 : After releasing the egg, the egg follicle closes and releases a hormone that helps to keep the uterus lining thick and ready in case the egg is fertilised by a sperm. A sperm is the male cell that is required to fertilise a female egg to make a baby, and is produced by a boy's testicles. It makes it possible for him to father children one day when he is old enough.

Phase 4 - Menstruation : The egg continues to travel to the uterus and if it unites with a sperm, it will be fertilised and may result in a pregnancy. This means that if the fertilised egg attaches itself to the uterus wall, it will develop into a baby. If the egg is not fertilised, the unfertilised egg, blood and the tissue lining the uterus is not needed and leaves the uterus through the vagina. This is the start of a girl's period and lasts between 3 to 6 days. There are 28 days in each cycle. However, for a few years after a girl first starts her period, the cycle may be longer.

The four phases of the menstrual cycle:

Phase 1 : Each month egg follicles on the two ovaries start to develop. Hormones stimulate the uterus to build up its lining with extra blood and tissue, making the walls of the uterus thick and soft. Only one follicle will continue to develop and get ready to release an egg.

Phase 2 : The egg is released and over the next few days it travels down the fallopian tube to the uterus. This phase is called ovulation. Pregnancy is most likely to happen around the days when ovulation occurs.



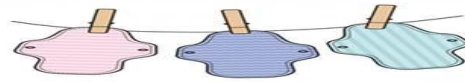
Contact details:

Girl Child Movement

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(refer to website for contact details and address)



1 RINSE OUT



2 SOAK



3 SOAP



4 HANG DRY

WASH & CARE FOR RE-USABLE / WASHABLE SANITARY PADS INSTRUCTION CARD

Washable pads

- ✓ Wash your pads before you use them for the first time, so they can work properly.
- ✓ Rinse the used pad in cold water to remove the blood, and then wash in warm, soapy water.
- ✓ Rinse the pad well so all the soap is removed.
- ✓ Dry properly, in the sun if possible.
- ✓ Do NOT dry near open fire, the pad can quickly burn.
- ✓ If you are at school, store any used pads in a Zip lock bag until they can be washed.
- ✓ Wash the pads as soon as possible, when you get home. Do not leave unwashed pads overnight.
- ✓ Keep a clean pad in your school bag – just in case!

For heavy flow days - attach a booster pad onto the normal pad.



Girl Child Movement OF S.A.



*"The transition to womanhood as a
time of celebration"*

#powerof10milliongirls

***"Restoring Dignity
Through Self Reliance"***

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Feminine Menstrual Hygiene Management Project



Contact details:
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**PRESENTATION
INTRODUCING THE
PRODUCTS IN THE
FEMININE
MENSTRUAL HYGIENE
KITS**