



Featured program for February 2015

Sustainable Health Enterprises (SHE)

**SHE28 Campaign, Rwanda:
Puberty Education & Menstrual Hygiene
Management Education**



Dining for Women



Changing the world one dinner at a time

Introducing SHE: Sustainable Health Enterprises

A Rwandan girl or woman misses up to 50 days of school or work every year due to her menstrual cycle. Lack of affordable pads and understanding of her own body causes her to lose 5 years of productive time in her lifetime.



”For every fresh stage in our lives we need a fresh education, and there is no stage for which so little educational preparation is made as that which follows the reproductive period.” - Havelock Ellis

What are we supporting?

*The DFW grant of \$44,947 over 1 year will be used to support the Health and Hygiene administrator, provide training and materials for 50 teachers to educate students about menstrual hygiene education and supply them with ecofriendly sanitary pads

Manufacture and distribution of pads	Distribution cost (truck rental for delivery to schools) Supply chain cost (purchase of fiber) Fiber transportation cost
Produce puberty education and MHM manuals	15 Teacher manuals 55 Student/teacher manuals 8,000 Student booklets Translation, printing, and photocopying
Teacher training	Training hall rental Training supplies for trainer and 50 teachers Trainee transport 50 MHM product supplies and posters of reproductive system
Support Health and Hygiene Manager	Salary for 1 year Stipends for interns Travel costs for teacher/school technical assistance and monitoring and evaluation visits

DFW's grant will pay for all the program and personnel costs of the project including pad manufacture.

Life Challenges of Rwandan Girls and Women

Rwandan girls and women miss as many as 50 days of school and work every year because of lack of affordable sanitary pads and understanding of their reproductive health

- Talk of menstruation is taboo, even between mother and daughter
- Poor rural girls cannot afford pads and make do with ineffective rags, bark, and mud
- Disposal options limited; toilet facilities unsafe, unclean, and lacking in privacy
- Boys left out of conversation tend to tease, shaming and humiliating girls



Girls and women are denied their rights to health, education, gender equality, sanitation and dignity .

The Program

Train 50 select teachers to deliver puberty and menstrual health management training in after-school programs at 10 schools to girls, boys, parents and other teachers, and update and print training manuals for teachers and students



The Program

Manufacture and distribute 180,000 sanitary pads to 10 schools to increase access to affordable pads for 3,000 girls.



DFW grant pays for the raw materials and shipping costs

The Budget

How the \$44,947 will be spent during the project year

2015 SHE Rwanda Estimated Budget (in \$USD)					
	1st Quarter	2nd Quarter	3rd Quarter	4th Quarter	Total Annual
	January-March	April - June	July - September	October - December	
Business Development					
Raw materials of pad creation					
TOTAL EXPENDITURES FOR R & D	\$2,274.00	\$1,527.00	\$1,527.00	\$2,776.00	\$8,104.00
Health and Advocacy					
Updating of Puberty Education and MHM Manual					
Subtotal Category	\$6,851.00	\$0.00	\$0.00	\$0.00	\$6,851.00
Development of Puberty Education and MHM booklet for girls					
Subtotal Category	\$250.00	\$3,765.00	\$250.00	\$8,000.00	\$12,265.00
Teacher Training of 50 Teachers					
Subtotal Category	\$6,227.00	\$0.00	\$0.00	\$0.00	\$6,227.00
Personnel/Administrative					
Subtotal Category	\$3,400.00	\$3,400.00	\$3,400.00	\$3,300.00	\$13,500.00
TOTAL EXPENDITURES FOR HEALTH AND ADVOCACY	\$16,728.00	\$7,165.00	\$3,650.00	\$11,300.00	\$38,843.00
TOTAL EXPENDITURES FOR SHE, RWANDA	\$19,002.00	\$8,692.00	\$5,177.00	\$14,076.00	\$46,947.00

Voices of the Women

"I can't go to school when I don't have pads. This causes me to miss school, which is something important to my future."

Penina, student

Voices of the Women



As I talk to my friends, I have realized that Menstruation itself is not a problem, what is a problem is how it is managed. I grew up in a poor family and I could not afford to buy pads when I needed them, but I am happy that younger people will not meet the challenges I faced, and what I passed through .

- Murereyimana Marie Louise

Evidence of Success

The DFW grant funded program builds on these successes of SHE

- Trained Community Health Workers (CHW) in menstrual education and equipped them with sales management skills for the sale of go! Pads to jump start micro-enterprises
- 2012 - SHE signed up two banana cooperatives (mostly women) to supply raw banana fiber material for pad production
- 2013 - conducted menstrual hygiene awareness campaigns in eight schools reaching 996 students with community partner
- 2013 - SHE built a community production facility for the manufacture of go! pads by women

About the Organization

SHE was founded in 2009 by Elizabeth Scharpf when she learned of the loss of productivity by African women who missed work because of their menstrual cycle.



- Scharpf spent two years researching and testing locally available, inexpensive raw materials for eco-friendly pads
- The result was affordable go! pads made from banana fiber manufactured in a SHE cooperative facility staffed mostly by women

Charity in the form of money or donated sanitary pads is not enough to break the cycle of menstrual discrimination and its effects on girls and women.



Where they Work.

Kyonza District is in the Eastern Province of Rwanda, a densely-populated and landlocked developing country in the south east of Africa.



Share Your Thoughts



1. How do you think the holistic approach of SHE28 addresses education and empowerment of both girls and women?
2. How do you think the SHE model of empowerment through access and education compares with the standard charitable model of donation of sanitary pads?
3. Why do you think the education of parents, teachers and boys advances the success and effectiveness of the SHE28 MHM program?