



Report for Belmont Redwood Shores Rotary on distribution of *Save a Girl* kits Kanyagia and Kabati, Kenya April 15, 2022

OVERVIEW

On April 14, 2022, TGUP distributed 980 *Save a Girl* kits to girls in the Kanyagia and Kabati areas in Kenya. The schools were all on spring break, so the girls were at home and so were able



to go to one of the central locations for their distribution. Each session was run by the TGUP educators with assistance from the area chief and the girls' teachers. The morning distribution was to 457 girls from four schools in the Kanyagia area (Labura, St. Paul Kingaiti, Muthuini and St. Agnes BIRTHIA) and the afternoon session was for 523 girls from four schools near Kabati (Kiaragana, Huhoini, Mahiga and Mwiwogo).

The 980 *SaG* kits were funded by a combination of donations from Belmont Redwood Shores Rotary Club (\$800) and many individuals, including friends of a Belmont Redwood Shores Rotary member who gave in honor of her birthday and 2 members who signed up for recurring donations. The total cost was \$5,880.

BACKGROUND

Save a Girl (SaG) is one of The Global Uplift Project's most essential and successful projects. TGUP operates sewing centers in Nyeri, Kenya, and in Dang, Nepal. The one in Kenya is run by Kiini Sustainable Initiative, TGUP's NGO partner in Kenya. The center sews TGUP's *SaG* sanitary kits for distribution to girls in Kenya and Tanzania. It also makes cloth COVID masks for distribution in Kenya and Tanzania, and items of clothing that are sold locally to keep the center self-sustaining.



Each *Save a Girl* kit includes two waterproof shields, eight absorbent pads that can be interchanged to the shield, a discreet carrying bag, a large bar of soap, and a waterproof pouch to hold used pads until they can be washed, dried, and reused. Properly cared for, a *SaG* kit lasts

for at least three years. A kit costs approximately \$6.00 to make (\$5.87) but is provided free of charge to the girls.



The kits are given to adolescent girls from ages 12 to 18, and sometimes to others who are older. They are usually distributed in a school setting, with education provided by female teachers and Kiini specialists on menstruation, female biology, sex education, and care and use of the kits themselves. For many girls, these sessions will be the only time in their lives that they receive informed, compassionate, helpful education on the life changes they are going through. The kits themselves are, in many cases, life savers for the recipient girls.

When girls begin menstruation, they typically begin missing a week of school per month. Most of the girls in Kenya cannot afford commercially available products to help manage their periods, and even if they could afford them there is nowhere to dispose of them without clogging up the latrines. So, they resort to local, traditional means, including dried leaves, corn husks, dried animal dung, etc. These are not nearly effective enough to enable girls to be able to attend school. Eventually, many of them fall so far behind that they are forced to drop out. Their options are bleak, and worse.

Without caring adults around to protect them, girls become prey to sexual predators. Some take work as domestic servants or in the fields, some are forced to become child brides. Some are sold into the sex trade. In no cases, are adolescent dropouts able to finish their schooling, so they cannot realize their human potential. This is what TGUP's **SaG** is intended to do: enable girls to finish their schooling so they can better realize their human potential.



SUMMARY

Now, almost 28,000 **SaG** kits have been distributed in the Kenya and Tanzania areas. These have been gratefully received and will make a positive impact in the lives of the recipient girls. TGUP's standard **SaG** curriculum was administered to every recipient girl, ensuring they knew how to care for the kit and better knew the particulars of female biology and menstruation.

We are thankful for the support from **Belmont Redwood Shores Rotary Club** that has made this set of distributions possible. It is impossible to overstate the difference that being able to stay in school makes in the life chances of an adolescent girl, especially in the developing world. It is profound, endures for her entire life, and is passed on in the care she is able to provide to her children. It literally ripples into eternity. Thank you!

TGUP Save a Girl Kits - Kenya

Date money sent	Date kits distributed	# Kits Ordered	Destination	# Kits Distributed	# Kits Available
2017					
8/7/17		250			250
	9/8/17		Nyeri Farm	20	230
	9/8/17		Sunrise Tetu	40	190
	9/8/17		Eucarbet academy	30	160
	9/8/17		Jikaze women in slums	20	140
	9/15/17		Ngungu secondary school	80	60
	9/15/17		Gikumbo primary	30	30
	9/15/17		Mwea bright star	30	0
10/6/2017	10/18/17	100			100
	10/9/17		Nyeri Farm	20	80
	10/31/17		Kihatha Primary	40	40
	10/31/17		Bonde Women	40	0
Totals 2017		350		350	
2018					
1/20/18		100			100
	2/31/18		Gachica	100	0
3/17/18		300			300
	3/21/18		Kiganjo	88	212
	3/28/18		Itara	105	107
	3/28/18		Irembu	107	0
4/2/18		500			500
	5/24/18		Irembu	70	430
	5/24/18		Nyeri Farm	30	400
	5/24/18		Kihuyo	100	300
	5/24/18		Iriani women	20	280
	5/24/18		Kihatha	30	250
	5/30/18		Eucarbet	60	190
	5/30/18		Gikumbo	40	150
	5/30/18		Kaganjo	150	0
8/30/18		210			210
	9/21/18		Naro Moru	210	0
10/28/18		400			400
Totals 2018		1510		1110	
2019					
	1/10/19		Deb Muslim Primary	178	222
	1/10/19		Thaiti Primary	85	137
	1/10/19		Ngandu Primary	60	77
	1/11/19		Githwariga	77	0
1/11/19		300			300
	2/9/19		Thika Prison	300	0

2/19/19		400			400
	5/5/19		Kirichu	110	290
	5/5/19		Karima	32	258
5/6/19		200			458
	5/14/19		Thaiti	55	403
	5/23/19		Mugunda Primary	97	306
	5/23/19		Githura Primary	102	204
	5/23/19		Mugaka Primary	95	109
	5/28/19		Nyeri small business ladies	34	75
	6/3/19		Sirima primary school	33	42
			Mukurweini	67	-25
			Muhoya	84	-109
5/29/19		400			291
	6/24/19		Kabendera primary school	131	160
	6/28/19		sirima primary school	55	105
	6/28/19		Muthangira primary	6	99
	7/2/19		kirichu women	15	84
7/19/19		300			384
	7/29/19		Githage Day Sec school	50	334
	7/31/19		Ramuria primary school	89	245
	7/31/19		Tharua primary school	106	139
	7/31/19		Muthangira primary school	49	90
	8/3/19		Little sisters children Home	91	-1
8/2/2019		400			399
	8/15/19		Mara Camp Foundation	6	393
	9/12/19		Shinning star	65	328
	9/12/19		Tambaya market ladies	45	283
	9/12/19		Tambaya Primary school	147	136
9/12/2019		500			636
	10/3/19		St Anne- Githunguri Girls	220	416
10/1/19		500			916
	10/18/19		Nyaribo mixed secondary	123	793
	10/18/19		Gaikundo Primary	121	672
	10/18/19		Gaikundo village young mothers	73	599
	10/18/19		Gaikundo sec school	134	465
11/15/19		500			965
12/9/19		500			1465
Totals		4000		2935	
2020					
1/13/20		700			2165
	1/29/20		Kingongo primary	167	1998
	1/29/20		Chania primary	87	1911
	1/29/20		Kirimara primary	85	1826
	1/29/20		hill farm primary	102	1724
	1/29/20		muringato primary	75	1649
	3/6/20		Rware High school	405	1244
	2/26/20		Mugumo girls	915	329
	2/26/20		Rukenya Mixed	325	4
2-20-20		800			804
			Kiahuko primary	108	696

			Mugunda	421	275
3-18-20	Material only	1000			1275
			St Georges sec	333	942
			Kimunyuru		942
			Gatarakwa girls		942
			Gatunguru sec		942
	4/28/20		Majengo Slums	50	892
	4/29/20		Majengo Slums	216	676
	5/3/20		Majengo Slums	133	543
	5/20/20		hosannah children home	50	493
	5/28/20		Chania Village	150	344
6-20-20		500			844
	7/1/2020		Gathehu location(Giakaibei)	465	379
	7/1/2020		Gatuanganga	68	311
	8/18/20		amboni- mweiga	185	126
	8/28/20		Nyeri-full gospel church	126	0
	8/29/20	1000			
	9/15/2020		Embaringo - Kiamunyiru village	283	717
	9/17/2020		Honi Sublocation	485	232
	9/17/2020		Goa Kieni west children home	43	189
	9/20/2020		Kiawara single young mothers	52	137
9/22/20		1000			1137
	9/23/20		Muranga (Irembu)-Lucy	200	937
	9/25/20		Ikumari village- Ikumari primary	450	487
	10/3/20		Mwenji village- mwenji primary	213	274
	10/17/20		solio ranch village 4- community	238	36
10-22-20		500	solio ranch village 6		536
11-1-2020		500	solio ranch village 5		1036
	11/6/2020		Mukandamia sec and primary	127	909
	12/3/2020		ADP solio Sec school compound	900	9
12-5-20		1000			1009
	12/13/20		Kigumo catholic parish, Othaya	235	774
	12/19/20		Endarasha village	505	269
12-17-20		500			769
	12/22/20		AIC Thiririka, kinale church	217	552
	12/23/20		Muranga, Maragua- Lucy's place	515	37
12-22-20	1/27/21	170	Mwihoko School	170	37
Totals		7,670		9099	
2021					
1-16-21		1000			1037
2-4-21		500			1537
	2/12/2021		Mary Mother Academy Mweiga	366	1171
	2/12/2021		Kiguru Primary	231	940
	2/18/2021		Kihuyo secondary school	120	820
	2/20/2021		Delivered to Tanzania, Bukoba	500	320
	2/25/2021		Amboni primary school	325	-5
3/1/21		764	Mwihoko	764	-5
3/13/21			Mwihoko extra shields		
4/16/21		500			495
	5/2/21		Mweiga slum at KAG Church	232	263
	5/8/21		Kiamuiru Catholic Church	354	-91

5/9/21		1,100			1,009
6/1/21		1,000			2,009
	6/2/21		Ngaini secondary school	184	1,825
	6/2/21		Ngaini primary school	158	1,667
	6/2/21		Kiangi Primary	113	1,554
	6/2/21		Pemuga Primary	82	1,472
	6/2/21		Gachuiro primary	152	1,320
	6/23/21		Mweiga primary school	772	548
	6/23/21		DEB Solio sec school	386	162
6-29-21		1,000			1,162
	7/30/21		Wakaniu primary	146	1,016
	8/3/21		Kiahuko primary	154	862
			Lachuta Primary	83	779
	8/5/21		Maganjo Secondary	180	599
	8/5/21		Chieni primary	243	356
	8/6/21		Kiandai primary	302	54
	8/6/21		Kiandai secondary	88	-34
8-11-21		1,000			966
	9-1-21		st Luke Karundas day secondary	405	561
	9-3-21		Gaciongo primary school	244	317
	9-3-21		Gaciongo day secondary school	87	230
9-9-21		1,000			1,230
	9/21/21		Laburra primary school	244	986
	9/21/21		muthuini primary school	188	798
			Mwiyogo sec school	302	496
			Mwiyogo primary school	345	151
	11/4/21		Laburra day mixed secondary	206	-55
11-26-21		1,000			945
12-5-21		500	Nyeri government		1,445
	12-9-2021		handed over to Nyeri County	500	945
	12-17-2021		Gakawa Sec school	318	627
	12/17/2021		Guara Primary school	192	435
12-21-21		1,000			1,435
12-26-21		1,000			2,435
Totals 2021		11,364		8,966	
2022					
	1-8-2022		Gakira primary school	221	2,214
	1-8-2022		Mukui primary	236	1,978
	1-8-2022		Kaharo Primary	267	1,711
	1-8-2022		girls draw from different school	342	1,369
	1-8-2022		young mothers Gakira area	213	1,156
	1-22-2022		Nyeri County	215	941
1-24-22		500			1,441
	2-7-2022		majengo town, Ruringu,	1,232	209
2-9-22		500			709
			DEB Muslim Primary School	406	303
2-24-22		1,000			1,303
	2-28-2022		Kiriko Primary	310	993
	3-1-2022		Mucagara sec	162	831
	3-1-2022		Mucagara primary	174	657
	3-4-2022		Kanjuu sec	92	565
	3-25-2022		Nyeri women Prison	250	315

3-31-22		1,000	Kanyama		1,315
			Kiamwathi sec		
			Kanjuu primary		
4-13-22			Kanyagia chief camp	457	858
			Kabati area assistant chief	523	335
	Grand total	27,894		27,560	