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## **San Francisco School Girls Help Kenyan Girls Stay in School**

Girls from Immaculate Conception Academy (ICA) in San Francisco have helped 70 girls in Kenya be able to stay in school. The Kenyan girls were in danger of dropping out because they could not manage their monthly menstrual cycles.

The ICA girls raised money to provide the Kenyan girls with reusable sanitary pads. The pads last for three years, in many cases long enough for the Kenyan girls to be able to finish school.

ICA girls worked with One Dollar For Life (ODFL), a Palo Alto-based non-profit that helps developing world children from donations as small as one dollar.

ICA carried out an ODFL fundraiser where every girl in the school was invited to donate just one dollar to help girls at the Gikumbo and Sunrise Tetu schools near Nyeri, Kenya. The girls at the Kenyan schools are as young as 13 years of age.

ICA has 375 students, all girls, and mostly from lower income families. Every girl in the school has a job outside of school. The students donated \$601, or \$1.60 per student.

According to Lisa Graham, principal of ICA, “Our young women appreciate the advantages they’ve been given and that so many of us take for granted. They were thrilled to be able to help sisters in Kenya who were so much worse off than themselves.”

ODFL was founded by a high school teacher in Los Altos, CA. He wanted to show his students the power they actually can have in the world. Its idea is that if everybody will do the smallest bit (\$1), the effect is enormous.

In its 10 years of operation, ODFL has built 95 small-scale infrastructure projects in nine of the poorest countries in the world, all funded by teenagers’ donations of one dollar.

Brenda Birrell is Program Manager for the *Girls Equality Project* at ODFL. According to Birrell, more than 50,000,000 girls in the developing world are at risk of dropping out of school every year because they have no way to deal with menstruation.

ODFL provides reusable sanitary supplies to developing world girls free of charge, enabling the girls to stay in school. According to Birrell, “It may be one of the powerful liberations of human potential on the planet.”

Robert Freeman, ODFL’s founder, believes that the altruism of young people may be one of the greatest forces for good in the world. “There are 16 million high school students in America,” Freeman said. If each of them gave just one dollar, we could build more than 1,000 classrooms every year in the developing world.”

ODFL has raised funds from private foundations to cover its operating expenses—phones, literature, web site, etc. As a result, every dollar donated goes into a school’s designated project.

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ODFL is a registered 501c3 nonprofit. To learn more, visit [odfl.org](http://odfl.org).