



Project Success Story

Save a Girl

Millions of girls in the developing world suffer needlessly on reaching puberty. Why? They have no way to deal with menstruation. They miss a week of school every month. Soon, they are so far behind they drop out. *That is the moment when girls become second-class citizens*, because they will always thereafter have less education than boys.

Worse, at that point, when a girl may be only 13 years old, her choices are grim, or worse: she can work in the fields, become a domestic servant, be married off, or be sold into the sex trade. In all such cases, without caring adults around to protect her, she becomes subject to sexual predation which will scar her for life. *This does not have to be.*



A 13 year-old mother with child in Kenya

The Global Uplift Project's *Save a Girl* project provides thousands of girls in the developing world the means to stay in school and reach their educational potential. We do this by giving girls washable, reusable sanitary supplies, teaching them self-defense, and giving them feminine hygiene education, all at no cost to them. We are currently providing these kits and services to girls in Kenya, Nepal, and the Tanzania.

A TGUP *Save a Girl* kit consists of 2 waterproof panty shields, eight soft, absorbent, washable inner liners, and a discreet, feminine carrying bag. If taken care of, a kit will last for three years. It is typically delivered in a school setting, by trained matrons, who also teach the girls about female biology, personal hygiene, and self-defense. This might be the only time a girl ever receives expert, compassionate education about the profound life changes she is going through, and how she can deal with them.



Kit components and carrying bags



These girls, in Tembisa, South Africa, had just learned they would be able to attend school every week of the year until they finished. They will each be the first person in their family, *ever*, to have completed high school. No wonder they are smiling!



Girls in Nepal are learning about feminine hygiene, a frequently taboo subject

With their kits and newfound knowledge, these girls can look forward to the same opportunities as boys. This is something they could not have imagined before.



These girls in Mambwe, Zambia love their kits



Girls in Kenya at Githwariga (left) and Sirima (right) are excited to receive kits and education

We make the kits at our sewing centers in Nyeri, Kenya and Dang, Nepal and are planning to open new sewing centers as soon as it is safe to do so. The sewing centers provide good living wages, and self respect, to the seamstresses that have been taught to do the work. They are thrilled to be able to help the girls in their community. We have made and distributed over 20,000 kits. In Nepal we have 20 seamstresses who are all women who escaped abusive relationships and are now proud of the many thousands of girls they are able to help.



Tailor and seamstress in Kenya



Seamstresses in Nepal



Giving out kits & masks in a Nyeri slum



Making masks & kits in Nepal

Is it worth \$6 to help a girl avoid the degradation of relentless sexual predation? Is it worth \$6 so that a human potential can be realized? We think it is. A \$6 kit allows a girl to stay in school for three more years. Often, that is long enough for her to finish school. Three years of schooling for \$6. Is that a good investment? This might very well be the most cost-effective liberation of human potential on the planet!

Donate at tgup.org. Sponsor just one kit. Help just one girl. Ask your friends to do the same. They, like you, can *literally* change the world. But we do have to act. EVERY DOLLAR DONATED goes to the project.

Website: tgup.org
Email: info@tgup.org
TGUP is a registered 501c3 nonprofit.

Uplift for a Better World