



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 girls become second-class citizens*, because they will always, everafter, have less education than boys.

Worse, at that point, when a girl might be only 13 years old, her choices are grim: 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, cloth sanitary supplies, teaching them self-defense, and giving them feminine hygiene education, all at no cost to them. We have provided *Save a Girl* kits to girls in South Africa, Zambia, Ivory Coast, Kenya, Nepal, and Tanzania. As this is being written, more countries are being planned.

A TGUP **Save a Girl** kit contains 2 waterproof panty shields, eight absorbent, washable inner liners, a discreet, feminine carrying bag, and a large bar of soap. Taken care of, a kit will last for three years. It is 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 South Africa, have just learned they will be able to attend school every week of the year until they finish. They will each be the first person in their family, ever, to have completed high school. No wonder they are smiling!



Girls in Nepal learn about feminine hygiene, a frequently taboo subject

With their kits and newfound knowledge, these girls will have the same educational opportunities as boys. This is something they could never 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

TGUP makes *Save a Girl* kits at its sewing centers in Kenya and Nepal. New centers will soon be opened in Mozambique, Uganda, and other countries. The sewing centers provide good, living wages, and self respect, to the seamstresses. Often, it is the first paying job they have ever had. In Nepal we have 20 seamstresses who are all women who escaped abusive relationships and are now proud to be able to help thousands of girls from their own communities have a better chance in life.



Tailor and seamstress in Kenya



Seamstresses in Nepal



Giving out kits & masks in a Kenya 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 *SaG* 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. 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. Thank you!

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

Uplift for a Better World