



Report to Rotary District 5150

Save a Girl™ Kits

Kenya, Tanzania, Cameroon, Nepal

May 22, 2023



OVERVIEW

In December 2022, TGUP received a \$12,500 grant from Belmont-Redwood Shores Rotary Club in Rotary International District 5150 (Marin, San Francisco, San Mateo). It was offered on the condition that TGUP secure a match in the same amount from another Rotary entity and use the combined funds to make and distribute [Save a Girl](#)™ kits in the developing world.



TGUP approached District 5170 (South Bay) and secured an agreement to match the 5150 funds and use the combined sum—\$25,000—to make and distribute 3,750 **SaG** kits in Kenya, Tanzania, Cameroon, and Nepal. The agreement also said that TGUP had to open a new **SaG** Sewing Center in West Africa. **That project—this project—and all of its elements are now completed.**

TGUP has made and distributed [a total of 4,015 SaG kits](#) in Kenya, Tanzania, Nepal, and through its new, now-operational Sewing Center in Cameroon, West Africa. Documentation of every kit distributed can be seen in the [Distribution Register](#) and on page three of this report.

Additionally, TGUP worked closely with District 5170 leadership to promote the program and 5170's larger campaign, "Independence Through Hygiene." TGUP created a number of novel and high-quality marketing materials to assist 5170's promotion of the larger campaign, all of which were extremely well-received and effective. Those included:

- An inspiring [5170-specific video](#) promoting the campaign
- A "[trifold](#)" piece of literature for handout at all events promoting the campaign
- [Display materials](#) for booths at multiple 5170 events promoting the campaign
- A [press release](#) that ran in more than 100 international publications, with exposure to more than 1,000,000 readers, including many hundreds of thousands in India
- Personal presentations by TGUP members at nine 5170 clubs including Cupertino, Saratoga, Oakland, Los Altos, Sunnyvale, and others

The campaign has been a *stunning* success. TGUP is thankful to 5150 and to Belmont-Redwood Shores Rotary Club for their leadership in addressing the issue of adolescent menstrual hygiene in the developing world. The world is a better place because of you.

BACKGROUND

Save a Girl™ (SaG) is one of The Global Uplift Project's most essential and successful projects. TGUP operates sewing centers in Kenya, Nepal, Tanzania, and now, Cameroon.



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 three years. A kit costs about \$6.00 to make but is provided free of charge to the girls.

When girls begin menstruation, they typically begin missing a few days of school every month. Many girls in developing countries cannot afford commercial products to help manage their periods, and resort to traditional means, including dried leaves, dried animal dung, used rags, etc. These are not nearly effective enough to enable girls to be able to attend school. Eventually, many fall so far behind that they have 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 become child brides. Some are sold into the sex trade. In no cases are they able to finish their schooling, so they cannot realize their human potential. This is what TGUP's **SaG** does: enable girls to finish their schooling so they can better realize their human potential.



SUMMARY

Now, [over 50,000 SaG kits](#) have been distributed in Kenya, Nepal, Tanzania, Zambia, South Africa, India, Cameroon, and the U.S. These will make a profound impact in the lives of the recipient girls. TGUP's standard **SaG** curriculum has been administered to every recipient girl, ensuring they know how to care for the kit and better know the particulars of female biology and menstruation.

We are thankful for the support of District 5150 and Belmont-Redwood Shores Rotary Club that has helped make this possible. It is impossible to overstate what being able to stay in school does for the life chances of an adolescent girl 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.



Girls in countries receiving TGUP-5150 *Save a Girl™* kits

Kenya



Tanzania



Nepal



Cameroon



The hyperlinks are live and will take you to hundreds of photos of girls getting kits

5150 Save a Girl Kit Distribution Register				
<u>Date</u>	<u>Country</u>	<u># kits donated</u>		<u>Locale</u>
5-15-23	Cameroon	17		Bolifamba suburb
5-8-23	Nepal	350		Janjagriti Secondary School
5-5-23	Nepal	150		Dang Secondary Schools
5-5-23	Tanzania	92		Terrat Primary School
5-5-23	Tanzania	105		Terrat Secondary School
4-17-23	Tanzania	103		Ormotoo Primary School
4-14-23	Kenya	178		Murungai Primary School
4-14-23	Kenya	132		Likki Special Needs School
4-14-23	Tanzania	100		Lorborsoit A Primary School
4-5-23	Kenya	126		Daiga Primary School
4-5-23	Kenya	142		Naibor Primary School
4-5-23	Kenya	235		Naibor Secondary School
3-24-23	Tanzania	100		Simanjiro Primary School
3-20-23	Tanzania	100		Terrat Secondary School
3-14-23	Kenya	139		Ndemu Secondary
3-14-23	Kenya	58		Mukima Secondary
3-14-23	Kenya	224		Lairagwan Primary
3-6-23	Tanzania	52		Sukura Primary School
3-6-23	Tanzania	75		Eng'eno Secondary School
2-24-23	Kenya	315		Likii Secondary School
2-24-23	Kenya	115		Nturukuma Primary School
2-17-23	Kenya	415		Likii Primary School
2-17-23	Kenya	142		Nkando Secondary School
2-7-23	Nepal	550		Shree Harpure School
Donated to date		4015		