

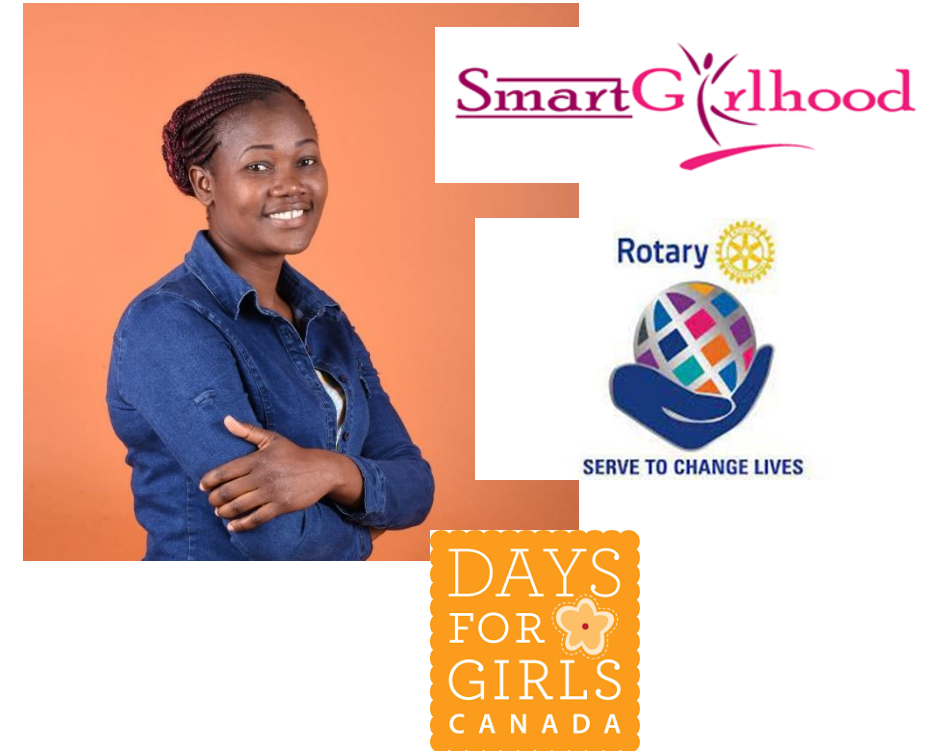


Kenyan Water & Girl Empowerment Project



Background – Smart Girlhood

- **Deurence Onyango** – a very active fellow Kenyan Rotarian in her district and beyond to empower girls.
- Nominee for the 2021-22 Rotary People of Action: **Champions of Girls' Empowerment**
- Founder of **Smart Girlhood** – mentoring girls by providing **Menstrual Health Management information** and sanitary pads while encouraging them to avoid missing school during the ***“Period of Shame.”***



On average, girls miss 5 days/ month of schools while they are menstruating.

Days for Girls International



Soft, super-absorbent cotton flannel with a moisture barrier.

Colorful fabric increases user confidence while hiding stains.

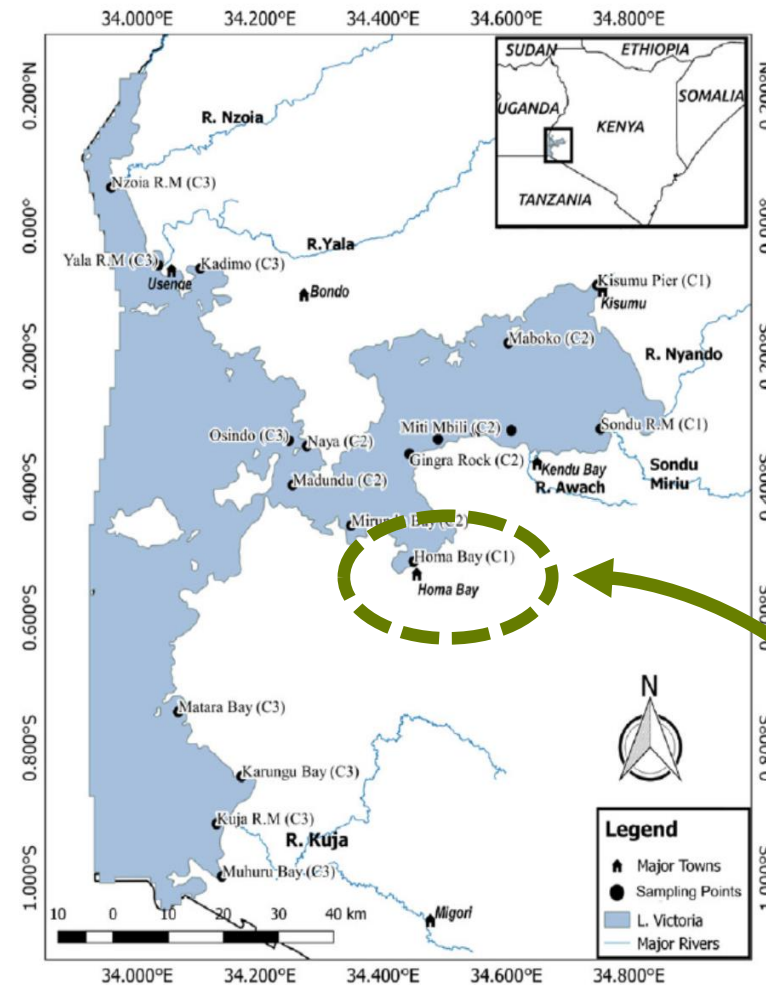
Wings snap clearly around underwear

Tri fold design with fashionable washable material

Lasts for years.

Komenya Village

- Located in Homabay County, Kenya.
- 6 - 10, 000 residents including children
- Poor infrastructure: no clean water, roads or health centre
- Village depends on small hand dug shallow wells in the riverbed
- Girls & women wake up at **3 AM** to make the trek of over **10Km** for potable water. They say... ***"The early bird catches the worm..."*** but there no guarantee you will succeed.



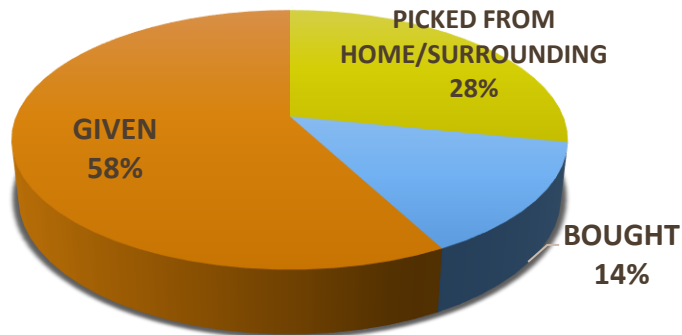
Study by Kundy et al., 2017 published the study on pollution indicators in Lake Victoria, Kenya. One of the clusters where water samples were collected was the region of Homabay, Kenya. High total and fecal coliforms due to urban sewage and industrial effluents exceeded WHO standards.

Learnings from Rapid Assessment

Assessment (60 girls; 10-19 yrs. old)

- The **type of materials** girls used during menstruation?
- The **source of the materials** used
- **Who bought/gave** them the materials used?

SOURCE OF MATERIAL USED



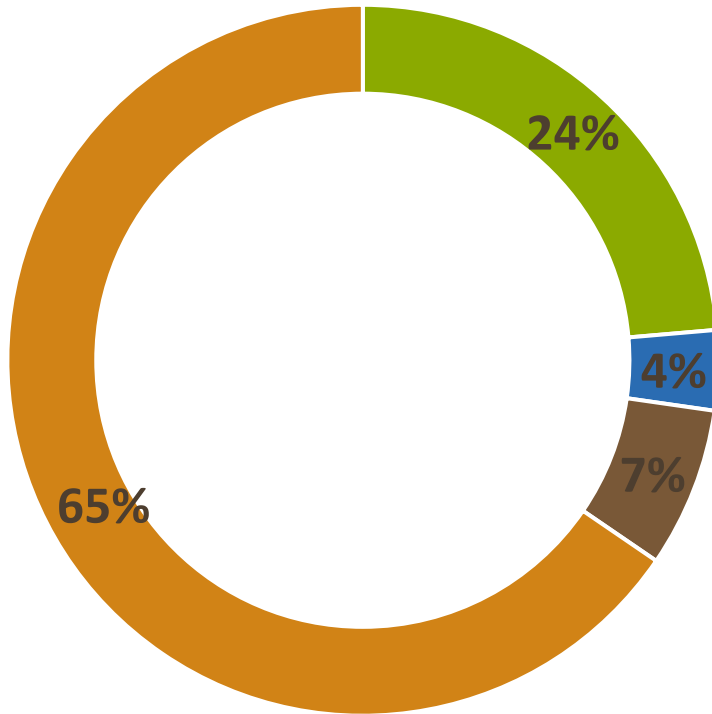
Findings

- **57% of girls use archaic materials** (e.g. tissue paper, old newspaper, old rugs/mattresses, leaves) instead of sanitary pads during menses
- **43% use disposable sanitary pads**
- **Only 14% can afford sanitary pads**



Those who use disposable sanitary pads, **58%** **are given** to them.

Who buys/gives sanitary pads ?



■ FRIEND (BOY/GIRL) ■ PARENT ■ SIBLING ■ NGO

- 65% of girls rely on NGO's for sanitary pads
- 24% bought for by friends (**boys, and mostly in exchange for sex**)

Results in-

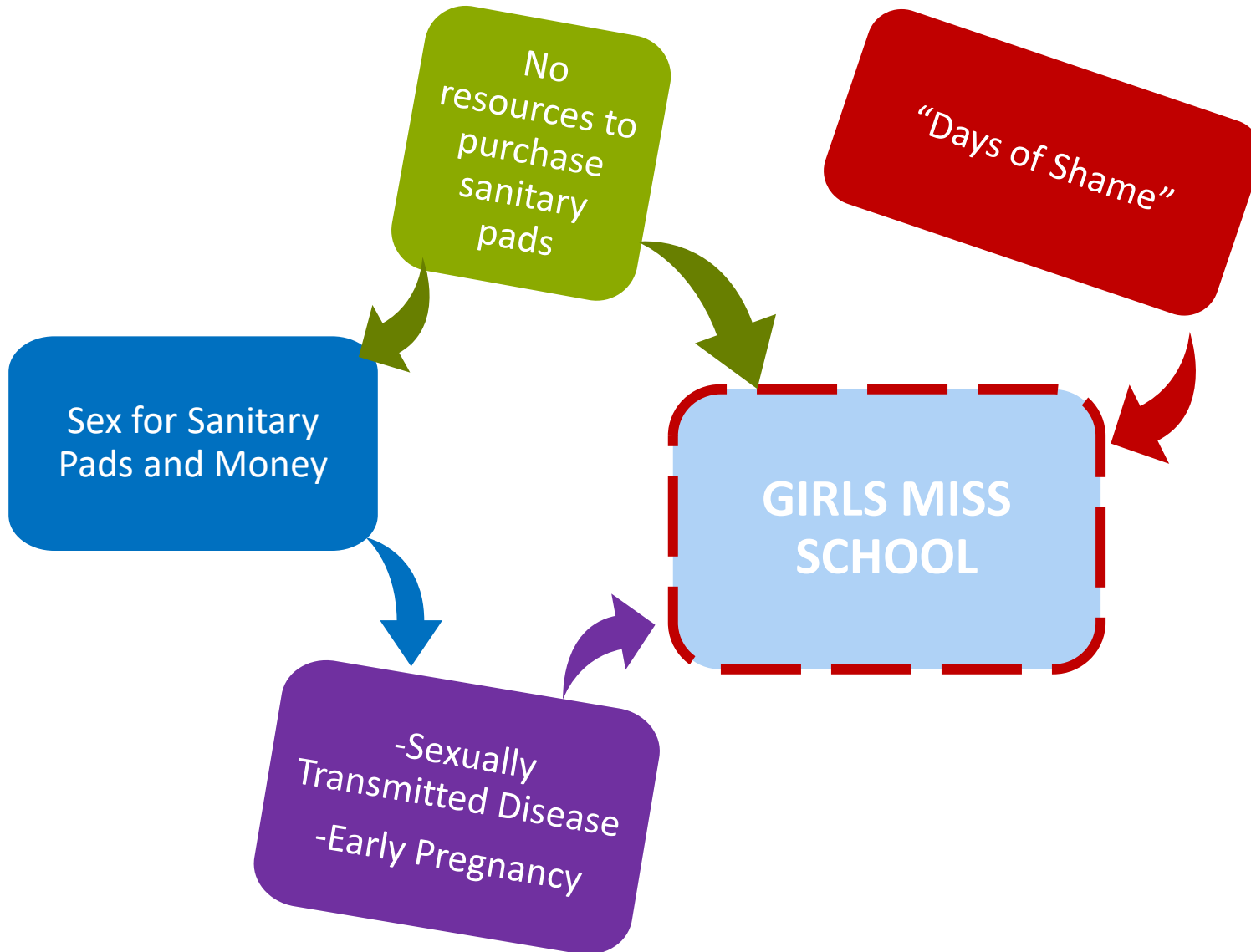
- Early Pregnancy
- Sexually Transmitted Disease (e.g. HIV)
- School Drop-out



Conclusion

- Need to reach more girls with sanitary products
- Introduce reusable sanitary pads will be sustainable
- Establishment of local enterprises to boost local skills and production of re-usable sanitary pads is key to sustainability

The Cycle and Dilemma



Breaking The Cycle-

- Education
- Menstrual Management Education
- Resources for sanitary pads
- Establishment of local enterprises to boost local skills and production of re-usable sanitary pads is key to sustainability



OBSTACLE ----> Reusable sanitary pads from Days for Girls require clean water to wash them....

Community Sensitization - July 2021



- Deurence and team including the club's president met 143 parents, teachers and students at an introductory meeting.
- Provided information about the project and how parents can support the girls.
- Parents were impressed with the project, more aware of the support that the girls need and welcome the project roll out.
- Six students volunteered to start Rotary Interact activities in the school.



Solar Disinfection System SODIS



- Fill plastic 1.5 liter water bottles
- Leave in the sun on corrugated tables for 1 day
- Kills 99.9 of bacteria and pathogens
- In Kenya water had to be decanted first of dirt and small rocks
- PET bottles used with no BPA so no concern about leaching

Kenyan Water & Girl Empowerment Project



2 Phase Project

\$20K

Phase I Pilot Project -

\$5K

Phase II Extending to Village -

\$15K

Kenyan Water & Girl Empowerment Project

Phase I - Pilot Project - \$5,000

1. Construction of water tables at selected family homes and schools
2. Provide bottles for water treatment and storage
3. Educate girls, parents and teachers on how to disinfect and test the water
4. Educate all on basic personal hygiene practices to save lives and Menstrual Hygiene

Phase II Extending to the village - \$15,000

Solar Disinfection
of Water

Menstrual
Hygiene Kits =
School Attendance

Sewing Skills
Training & Micro
Financing

Establish a Local a
Sustainable
Enterprise

\$20K

Phase I Progress Report - August 30, 2021

- Pre-water sample were collected and sent to be analysed.
- PET bottles, tabletops material and aluminum sulphate was purchased.
- Local carpenter was contracted to build the tabletops.
- Post-water treatment testing report received Dec 2021



Phase I- Progress Report

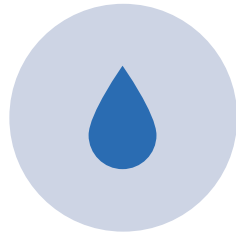
September 04, 2021

- Bottles were distributed to 48 girls and 28 parents.
- Instructed how the water treatment **Solar Disinfection (SODIS)** should occur.
 - 1) decanting the water
 - 2) using the aluminium sulphate (cannot be turbid water)
 - 3) Bottling
 - 4) Placing bottles over tabletop in the sun
- 23 tabletops ready to be distributed:
 - 1 for the school
 - 22 for households



The **ultraviolet** power of the **sun** rays can kill up to 99.9% of bacteria

Rotary Club London South



Phase I – \$5,000 Pilot Project with regular reporting and updates of a control group



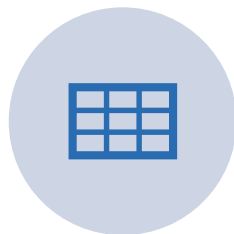
Pilot Project will be evaluated, and success will be determined prior to sending additional funds.



Phase II - Funds Needed \$15,000.



Phase II- Water purification and Menstrual Management Education and skills building extended to the village.



Phase II - Complete project will result in a local enterprise supplying reusable sanitary pads.

We Need Your Help



Phase I

Solar
Disinfection
of Water

Phase II Extending to Village

Menstrual
Hygiene
Kits =
School
Attendance

Sewing
Skills
Training &
Micro
Financing

Establish a
Local a
Sustainable
Enterprise



Become a Club Partner:

Bronze	up to \$ 500
Silver	\$1,000
Gold	\$2,000
Platinum	\$2,500+



We Need Your Help



Make a Personal Donation

- A donation of **\$50 Cdn** will give **ONE** household clean water to cook, drink and wash their re-usable sanitary pads.
- **\$50** = Gift of Clean WATER = Gift of LIFE



***Help us - Empower Girls to
have a brighter future and
enable them to attend school
every day!***



Ways to Donate



- **E-transfer** to Rotary Club of London South Treasurer dramsdale@gmail.com noting “Kenya Project” in the Message section
- Make **cheque** payable to:
Rotary Club of London South (Kenya Project)
and mail to PO Box 25602, London, ON N6C 6B3
- **Donate** via www.CanadaHelps.org
 1. Search Rotary Club of London South Foundation
 2. Select Campaign “Kenya Project”



**The way to get
started is to quit
talking and
begin doing.**

Walt Disney