



# Days for Girls

**GINGOOG CITY, PHILIPPINES**

PROGRESS REPORT

April 2015

# Gingoog City, Philippines



The city is located on the northeastern coast of the Province of Misamis Oriental, Region 10. It is 122 kilometers from the regional center of Cagayan de Oro City and 74 kilometers West of Butuan City. The city occupies an area of 769.88 square kms with a total population of 117,908 based on 2010 Census.



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For years Gingoog City has been a beneficiary of RC Burwood, Australia through the DIK program that sent various aids like medical equipment for the public hospitals and barangay health centers; computers, books and other educational materials delivered to schools; and clothing provided to the community especially to those who were affected by the calamities that hit the country.

## DIK Donations in Northern Mindanao



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**And now with the Days for Girls International Project that would greatly help not only girls and women but the community as a whole.**



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Aside from the primary aim of the Days for Girls project to help girls and women gain access to quality sustainable feminine hygiene and awareness, it will also address number of significant issues in the locality such as:

**Increasing rate on teenage and unplanned pregnancies.**

**Improper disposal of waste produced from disposable sanitary pads.**

**Solve the unemployment issue especially to women.**



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# PROJECT COMPONENTS

## 1. Awareness

Based on the data from Puericulture Birthing Center the percentage on teenage pregnancy is 56% out of 51 new mothers, and 72% were the unplanned pregnancies. All these happened because they are not aware or they lack knowledge on the information that every girl and woman should know.

With the dilemma, we will integrate on the awareness the lectures on Reproductive Health that will mainly focus on Reproductive System, Menstrual Cycle, Menstrual Health, Fertility & Conception, Natural Family Planning & Birth Control. Also advocacy on issues like Pornography, Teenage Pregnancy, Sexually Transmitted Diseases and Sexual Abuse. A lot of information will be integrated as we progress.



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# PROJECT COMPONENTS

## 2. DfG Kits Distribution

to girls and women who will be identified as beneficiaries. Instruction on the proper use and keeping of the kits will be given to the recipient.



Reusable pads, so  
NO wastage for three years!



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# PROJECT COMPONENTS

## 3. Local Production of DFG Kits

When the project continues, the local sewers especially women will have a high possibility to be employed and be the one to produce the DfG kits.



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**The DfGI Gingoog Team** is composed of local young people who were trained to be one of the Women's Health Ambassadors who are primarily tasked on reaching the local girls and women on raising awareness and on the DfG kits distribution to identified beneficiaries.



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**The Department of Education, Gingoog City Division** is one of the local partners of DFGI Gingoog in reaching the girls who are primarily attending school. The office selected the four pilot schools for the project. At this stage the department has no commitment to give financial support but there is high possibility once the efficacy of the project is tested.

## DFG Local Partners



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DfG Presentation during DepEd - Gingoog Management Committee Meeting that was attended by more than a hundred schools administrators from elementary and secondary level.



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## DFG Local Partners

**Gingoog City Health Office** is the DFGI Gingoog partner in reaching the out of school girls and women in the community. With the help of the Barangay Health Workers (BHW) and the barangay leaders the awareness campaign has been made easy and fast.



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MOA signing with Puericulture Birthing Center. A birthing facility that is now under the City Health Office where majority of the new mothers catered where teenagers and whose pregnancies were majority unplanned.



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# DFG Gingoog Beneficiaries

Based on 2010 Census the city has a population of around 118 thousand people and 39,000 of that are menstruating girls and women who are at the age of 13 to 49 years old.

To reach them, we will have the Department of Education as our partner in bringing Days for Girls to 76 elementary schools and 16 secondary schools in the city. The rest will be reached through the help of the City Health Office with their Barangay Health Workers.

We are looking forward that this project will not only be limited for girls and women but to boys/men in the community too who will be one to benefit on the talks we will provide in the future to also make them aware.



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# PREPARATIONS MADE

## 1. Women's Health Ambassador

Are the local young ladies, who are mostly in their college years who volunteer themselves to be part of the project. Their aim is not only to help on making the girls and women in the community become aware, safe, dignified and empowered but also for themselves to be one as they give talks and engaged themselves in doing service to the community. They made research and studied on the info we are going to share thru DFG.



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# PREPARATIONS MADE

## 2. PRINTED MATERIALS

As we introduce the DfG project, negotiate with possible partners and supporters, arrangement on the MOA with DepEd, research and studies made - we also developed designs that we can use during the implementation.



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Getting ready for the launching



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# PREPARATIONS MADE

## 3. DfG Kits

DfG kits were checked, some were ironed, the tags were attached and the PVC instruction sheet were placed inside the kits ready for the launching.



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**GinPRA**  
Gingooog Poverty Relief Action



# DAYS FOR GIRLS

## WASHABLE FEMININE HYGIENE KITS

### GINGOOG CITY, PHILIPPINES

WE AIM TO PROVIDE FEASIBLE ACCESS TO QUALITY SUSTAINABLE HYGIENE  
& HEALTH EDUCATION TO GIRLS AND WOMEN.



Brought to you by ROTARY CLUB OF BURWOOD AUSTRALIA  
In cooperation with GINGOOG POVERTY RELIEF ACTION  
In partnership with:  
THE DEPARTMENT OF EDUCATION – GINGOOG CITY DIVISION



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**Days for Girls**



**Healthy. Safe. Educated. Dignified.**

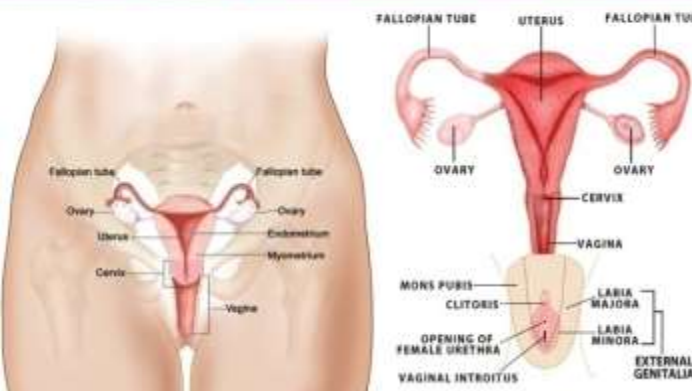
Creating a more dignified, free and educated world through access to lasting feminine hygiene solutions.

Days for Girls Gingoog is a local chapter composed of volunteers currently operating in Gingoog City, Misamis Oriental Philippines.

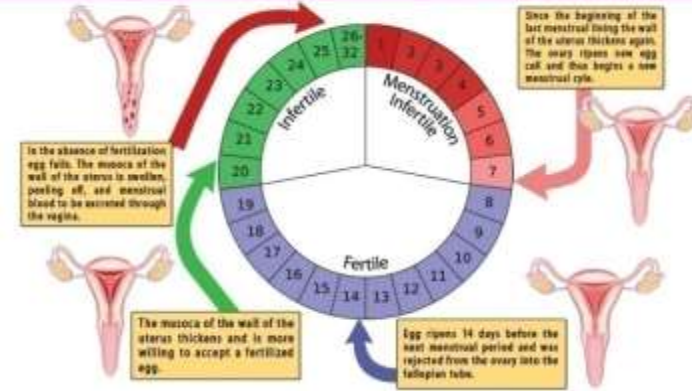
**GinPRA**  
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## Female Reproductive System



## Menstruation Cycle



Since the beginning of the last menstrual timing the wall of the uterus thickens again. The ovary ripens new egg cell and then begins a new menstrual cycle.

In the absence of fertilization egg falls. The mucosa of the wall of the uterus is swollen, peeling off, and menstrual blood to be excreted through the vagina.

The mucosa of the wall of the uterus thickens and is more willing to accept a fertilized egg.

Egg ripens 14 days before the next menstrual period and was rejected from the ovary into the fallopian tube.

## The DfG Innovation

**WASHABLE FEMININE HYGIENE KITS**

 Culturally appropriate: Provides the solution women and girls ask for.

 Easy to dry outside: Doesn't look like a typical pad, so women are not embarrassed.

 Environmentally friendly: Uses little water, and doesn't create waste like disposable pads.

 Durable: It lasts for 3 years.

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Aside from the tarp designs made on promoting the DFG Project we also prepared materials for the presentations, survey questionnaires for the girls and the school teachers to assess the facilities available like comfort rooms and water needed by the students, DFG Claim stub for DfG kits monitoring, etc. We are hoping we can compile all and that we can also share it to other DFG teams in other places.



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# UPDATES

## ■Produced Video

We have produced a video for one of the Miss Earth 2015 Misamis Oriental Candidates featuring the Days for Girls project. That was one of our approach on raising the awareness about Days for Girls that had reached more than 13,500 + people.

To view the video you can click this link

<https://www.youtube.com/watch?v=OOMwVdma0YU>



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# UPDATES

## ▪ Launched DfG Facebook Page

We are glad to report that we have launched the DfG Gingoog, Philippines facebook page more than a month ago and now we were able to hit more than a thousand “likes” already. With the people being closely updated thru media we can use it to reach more people and get them informed. People reached is unlimited.

This page will be used to post the DfG local, national and even international updates where we can easily share links. Other information about health issues will be also posted here.

You can visit our page at

<https://www.facebook.com/daysforgirlsgingoog>



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# UPDATES

## ▪Received 500 DfG kits

Just recently 500 DfG kits were produced by the SewAID Workshop of The Rotary Club of Gingoog Bay established after the SewAID team's visit of PDG Tony Castley in 2012.



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# UPDATES

## ▪ DfG Launching

Days for Girls Gingoog is finally launched after going through all the process for MOA to be in placed with the Department of Education Gingoog City Division.

Since the MOA was approved on the later part of March we were only able to launched the project to the 2 schools out from 4 schools identified by DepEd to pilot the project. The remaining 2 will be on June once the classes is back.

The schools where we have launched the project were Sulpicio Lugod Elementary School and Anakan National High School.



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## ▪ Launching @ Sulpicio Lugod ES

Sulpicio Lugod Elementary School is located in the outskirts side of Gingoog, around 40 minutes ride due to the very rough and hilly road.



**Main road condition**



**Barangay road condition**



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## ▪ Launching @ Sulpicio Lugod ES

The school has a total population of more than a hundred pupils with 6 teachers. The school is also assisted by the Rotary Club of Gingoog.



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## ▪ Launching @ Sulpicio Lugod ES

The launching was made simply with a short program with the teachers and the pupils. After the introduction we then transferred to a classroom where we gather the Grades 5 and 6 female pupils and had the presentation about Days for Girls and the Good Morning Girls info drive.



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## ▪ Launching @ Sulpicio Lugod ES



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## ▪ Launching @ Sulpicio Lugod ES



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## ▪ DFG Presentation @ Sulpicio Lugod ES



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## ▪ DFG Presentation @ Sulpicio Lugod ES



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## ▪ DFG Presentation @ Sulpicio Lugod ES



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## ▪ DFG Kits Distribution @ Sulpicio Lugod ES

There were only 19 female pupils who attended the presentation and only 3 among them are already having their monthly periods. We've given them the DFG kits and 16 DFG Kit claim stubs for the rest of the girls who are not having their monthly periods yet. The claim stub will be forwarded to us when those girls will have their periods so they can also have their own kit.

We have clearly emphasize to them that we will have a regular monitoring of the DFG kits if it is given proper care to last on the expected length of time. And during the monitoring another talks will be given to them on different interesting issues to keep them aware.



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## ▪ DFG Kits Distribution @ Sulpicio Lugod ES



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## ▪ Launching @ Anakan National HS

Anakan National High School is located along the national highway on the eastern side of Gingoog, around 30 minutes ride from the city.

It is just a 3 year old school and has a total population of almost 300 students who are from the nearby barangays.



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# ▪ DFG Presentation @ Anakan National HS



The introduction was given by the School Principal, Mr. Sherwin Cuervo. He expressed his gratitude to the people from RC Burwood who never get tired of sending help and even acknowledge the aid they previously received from DIK, the books and the chairs.



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## ▪ DFG Presentation @ Anakan National HS



The DFG presentation was attended by 83 girls from 1<sup>st</sup> to 3<sup>rd</sup> year level and there were 13 of them who are not yet menstruating.



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## ▪ DFG Presentation @ Anakan National HS



Introducing Days for Girls Project



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## ▪ DFG Presentation @ Anakan National HS



Providing survey questionnaire for the girls primarily to assess if they know the basic information that they should know prior to the DfG project and to be also used by the team to assess on the kind of information they are going to bring to them.



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## ▪ DFG Presentation @ Anakan National HS



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## ▪ DFG Presentation @ Anakan National HS

The girl in yellow was one of those who shared their experience the first time they had their period.

According to her, the first time she had her period her mother asked her to do 3 things:

*1<sup>st</sup>. She was instructed by her mom to jump 3 times on the stairs with the belief that by doing so, her monthly period will only last for 3 days.*

*2<sup>nd</sup>. She was asked to jump on the lemon grass so that when she will have her period she won't smell bad.*



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## ▪ DFG Presentation @ Anakan National HS

*3<sup>rd</sup>. She was asked to sit on the yam leaf so that when she have her period it won't leak because the yam leaf is waterproof.*



The girls were laughing while some shared their stories because almost everybody relates the story when they first had their period...it was funny but the reality is that majority, even those who are considered literate doesn't know what's going on with their body.



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## ▪ DFG Presentation @ Anakan National HS



Presenting the DfG kits to the girls



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## ▪ DFG Presentation @ Anakan National HS



Providing instruction on how to use the Dfg Kit



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## ▪ DFG Presentation @ Anakan National HS



Providing demo on how to use the Dfg Kit



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Providing demo on how to use the Dfg Kit



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## ▪ DFG Presentation @ Anakan National HS



Providing demo on how to use the Dfg Kit



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## ▪ DFG Presentation @ Anakan National HS



The students queued to claim their DfG kits.



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## ▪ DFG Presentation @ Anakan National HS



DfG kits distribution with the School Principal.



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DfG kits distribution



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DfG kits distribution



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The girls with their DfG kits



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The girls with their DfG kits



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The girls with their DfG kits



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The girls with their DfG kits



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The girls with their DfG kits



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## ▪ DFG Presentation @ Anakan National HS



The girls who are not yet menstruating holding their claim stub that they can present to get their kit when their period comes.



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# SCHOOL SITUATION

**SEX EDUCATION CURRICULUM.** Sex Education are only integrated in their Science and PE subjects. So the students, if asked about the basic question why they are having menstruation and what's going on inside their body when having periods, they only answer with a smile indirectly saying they don't know or the usual answer from majority..it is because it is normal to have monthly periods.

In our end, we'll try our very best to give them the best information we can. Maybe we'll prepare an outline then have a program that we can present to the Department of Education and as we do the regular monitoring we will also provide lectures to the beneficiaries .



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# SCHOOL SITUATION

## FACILITY

SULPICIO LUGOD ES. They have comfort rooms but no sufficient water supply.

ANAKAN NATIONAL HS. No problem with comfort rooms and water.

## GIRLS HEALTH ~ Sulpicio Lugod ES.

The girls who are already in puberty stage are obviously very short in their age. They might have vitamin deficiencies. They are also shy even to smile in the camera and show their teeth because majority of them have problems with their teeth. These conditions were included on the assessment so we can also see other possible assistance we can provide to the school in the future or if we can link them to other programs that addressed the issues mentioned.



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# FRIENDLY CONCERN:

❑ Focus should NOT be only on giving kits to the girls but before giving the kits to the girls, the team or DfG representative is necessary to emphasize clearly and have the girls understand the reasons why the Days for Girls program exist, the issues it is trying to address, why is it giving kits to girls, and how it helps individuals to become responsible.

In that way we can have the assurance that the girls will really take care of the kits to last for 3 years as expected.

*... see testimony on the next slide*



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# WHA testimony

*Before we started to introduce the DfG kits to the community, the WHA team here were the first people who tried to test the effectiveness of the DfG kits by having a kit that we can use when we are having our monthly period so we can personally testify about it when asked.*

*Of course at the start we were all happy about the kit with the very colorful fabrics that each one of us have and excited to start using it. Finally, our period comes and we used the kit.*

*It is part on the proper care instruction to wash the used pads right away after using or within the day after school. On our experience, washing to clean it from the blood still takes time and while doing so it requires patience...it is different from the usual disposable sanitary pads that after using you can just directly throw it away to the trash and no more effort required.*



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# WHA testimony

*When we did not clearly understand why we are using the DfG Kits to manage our period we might have gave up easily...*

*But we understand that by using the DfG Washable Pads:*

- We have the assurance that we are SAFE from possible ailments that may be caused by chemicals present in disposable pads.*
- We are able to save money. Instead of using the money to buy napkin we can save it for food or for our other needs.*
- We become responsible individual by not contributing additional non-biodegradable waste to our environment that is harmful to the health of both men and women including children who are most susceptible to diseases.*
- It develops character. Patience and being responsible individual towards the environment.*



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# FRIENDLY CONCERN:

❑ Each kit primarily has 8 absorbent tri-fold pads and 2 Moisture barrier shields.

*For moisture barrier shields we need to wash it right away to make it dry and have something to use when we are going to change. Sometimes it's not yet dried when already needed.*

What if instead of 8 absorbent tri-fold pads and 2 moisture barrier shields we'll change it to 6 absorbent tri-fold pads and 3 moisture barrier shields?



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# FRIENDLY CONCERN:

❑ DfG Program for every school beneficiary.

The DfG kit is expected to last for 3 years and regular monitoring will be made. We would like to suggest that for every school beneficiary we will have a 3 year program wherein during the period we can integrate lectures on different issues as part of the awareness to educate and make the girls aware.

Example:

3 year program period will start at the time DfG will be introduced to a certain school and then on the first year the DFG team will have a quarterly visit along with the talks to the girls and twice a year visit and talks on the following years.



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## Message from DfG Gingoog, Philippines

We would like to express our sincere thanks especially to RC Burwood, Australia and to individuals who heartily shared their blessings and made DfG Gingoog, Philippines possible.

Mabuhay **DfG International!**



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