

Independence Through Hygiene

You (or your daughter or sister) miss school for a week. When you go back, it is hard to make up what you missed while also trying to learn the current week's lesson. This is physically and mentally exhausting, but you are relieved to be back on track. Then, you miss a week next month and work to catch up again. Next month, again. At some point, you just can't keep up with this schedule.

The greatest *preventable* tragedy in the world is that more than 20,000,000 adolescent girls drop out of school every year because they cannot manage their period. It is tragic precisely *because* it is so easily preventable. District 5170 is working with **The Global Uplift Project** (TGUP) to fix this.

TGUP's **Save a Girl**™ program provides washable, reusable sanitary pads to girls in the developing world. The pads help girls manage their period so they can stay in school. They cost \$6 to make, are given free to the girls, and last three years.

The pads are sewn together by local women who would otherwise not have employment. They are paid wages to do this and learn a skill (sewing) that they are encouraged to use outside of the program to earn additional wages.

Keeping an adolescent girl in school (and teaching a reusable skill) for \$2 per girl per year is probably one of the highest returns on human investment in the world. District 5170 is proud to be working with TGUP to provide **Save a Girl**™ kits to thousands of girls in Africa and Asia. Join us in supporting this wonderful way to enable **Independence Through Hygiene** for girls and women!