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## **Nonprofit Helps 1,000 Girls in Kenya Deal with Menstruation**

Palo Alto, CA — One Dollar For Life (ODFL) just announced that it has helped more than 1,000 girls in Kenya deal with the onset of menstruation. The Palo Alto-based nonprofit provides the girls with reusable sanitary pads.

These allow the girls to go to school every week of the month. Without the pads, many girls drop out of school once they start their period.

A set of the reusable pads costs \$9. ODFL provides them at no cost to the girls. A single set lasts three years, meaning it only costs \$.25 per month to enable a girl to stay in school.

As many as 50,000,000 girls drop out of school every year once they begin their period, according to Brenda Birrell, Program Manager for the *Girls' Equality Project* at ODFL. The reason, she says, is that they have no way to deal with their menstrual flow.

They begin missing a week of school each month and soon fall so far behind they drop out. From that moment, they become second class citizens because they have less education than boys.

ODFL's *Girls Equality Project* works with Non-Governmental Organizations (NGOs) in South Africa, Zambia, Kenya, and Nepal to help adolescent girls manage their periods so that they can go to school every week of the month.

Staying in school has another benefit, says Birrell. "When a girl leaves school at 13, she becomes prey to sexual predators. Helping them stay in school helps them avoid this."

The problem has been invisible because the subject is taboo in many cultures. But, says Birrell, "This might be the most cost-effective liberation of human potential on the planet."

A *Project Impact Statement* describing some of the campaign's effects on girls in Kenya, South Africa, and Nepal can be viewed [here](#).

ODFL helps schools and other organizations carry out a fundraiser where everybody is invited to donate just one dollar. It has used those funds to complete 98 small-scale infrastructure projects in 10 of the poorest counties of the world. Every dollar donated goes to the group's chosen project.

To learn more or to help, contact Brenda Birrell at [brendab@odfl.org](mailto:brendab@odfl.org).

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**About One Dollar For Life:** [ODFL](http://odfl.org) has built 98 classrooms, medical clinics, computer labs and other small scale infrastructure projects in 10 of the poorest countries in the world, all from donations as small as one dollar. It was started by high school teachers to show students the power they have in the world if they will each do the smallest bit.