

PROPOSAL FOCUS:
ERADICATING PERIOD POVERTY

“by providing them with a sustainable period product and educating them on menstrual and reproductive health, we can ensure that each girl is removed from the shaming period poverty statistic in South Africa”

WWW.MOVEAFRICA.CO.COM

ERADICATING PERIOD POVERTY

Our period poverty program is about championing women and addressing their menstrual needs, by providing them with a sustainable period product and educating them on menstrual and reproductive health, we can ensure that each girl is removed from the shaming period poverty statistic in South Africa.






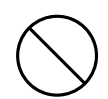
- 3 in 10 girls in South Africa miss up to a week of school EVERY month because they can't afford menstrual products.
- Uneducated girls are most vulnerable to trafficking and 3 times more likely to contract HIV.
- Women with secondary education marry later and have an average of 3 children. Uneducated girls are more likely to be child brides and have an average of 7 children.
- Children of educated mothers are twice as likely to survive past the age of 5.
- A single year of primary education increases a girl's wages in adulthood by 20%.
- Over the past thirty years, had women been given equal access to education and employment opportunities, Africa's economies would have doubled in size.
- 1 in 2 teenage girls drop out of sports due to a lack of sanitary products



WE HAVE SUCCESSFULLY PROVIDED OVER 50 000 SCHOOL GIRLS WITH MENSTRUAL CUPS

A menstrual cup is a type of reusable feminine hygiene product. Its a small flexible funnel-shaped cup made of silicone that is inserted into the vagina to collect period fluid.

While pad drives are important in the fight against period poverty, there is a more sustainable, economic, and environmentally friendly solution.

-  Reusable up to 10 years
-  More convenient as they hold more fluid than other methods
-  More affordable than any other sanitary product
-  Worn for up to 12 hours as opposed to pads which last between 4 to 6 hours
-  Safer to use than pads or tampons as they don't dry the vagina, preserving the healthy bacteria that protects against vaginal infections
-  Safe from chemicals (bleach and dioxin) found in tampons and regular pads



GIRLS MISS UP TO A WEEK OF SCHOOL EVERY MONTH BECAUSE THEY CAN'T AFFORD MENSTRUAL PRODUCT



TEENAGERS QUIT SPORTS DUE TO THEIR PERIOD.

OUR GOAL IS TO PROVIDE 100,000 GIRLS WITH CUPS EVERY YEAR

WHAT 50 000 CUPS MEANS

ENVIRONMENTAL IMPACT

WE ARE PREVENTING

15 000 000

PADS AND TAMPONS FROM ENTERING OUR OCEANS AND LANDFILLS EVERY YEAR FOR THE NEXT 10 YEARS

IMPACT ON EDUCATION

WE ARE PREVENTING 50 000 GIRLS FROM MISSING

2 750 000

SCHOOL DAYS COLLECTIVELY EVERY YEAR FOR THE NEXT 10 YEARS

ECONOMIC IMPACT

WE ARE HELPING 50 000 HOUSEHOLDS SAVE

R30 000 000

COLLECTIVELY EVERY YEAR FOR THE NEXT 10 YEARS

JOB CREATION

WE'VE PROVIDED EMPLOYMENT FOR

50 LADIES

WE ADDRESS OVER 50% THE UN'S SUSTAINABLE DEVELOPMENT GOALS



- Access to Education
- Good Health and Wellbeing
- Climate Action
- Economic Growth
- Reduced Inequalities
- Job creation
- Gender Equality
- Responsible Consumption and Production



Access to economy begins with access to education. With you, we are unlocking that access!

PARTNERS WHO TRUST US



GIVING GIRLS OPTIONS (THE PERIOD PACK)

In our period pack, we not only provide girls with products but a holistic solution aimed at ensuring menstrual health, dignity, and sustainability. Each Period Pack is thoughtfully curated and includes a menstrual cup and five reusable pads.

1x Menstrual Cup (Lasts up to 10 years):

Our commitment to sustainable and eco-friendly menstruation solutions is embodied in the inclusion of a menstrual cup (lasts up to 5 years). This innovative and reusable option not only promotes environmental consciousness but also empowers girls to manage their periods with comfort and confidence, allowing them to freely be active in sports (such as swimming) during their period.

5 x Reusable Pads (Last up to 5 years):

Understanding the need for accessibility and hygiene, our period pack also features five reusable pads. Crafted with care and durability, these pads not only offer a comfortable alternative to disposable options but also contribute to reducing environmental waste.

We envision a world where menstruation is not a barrier but a natural part of life celebrated with dignity. By providing girls with period packs and the relevant menstrual and reproductive health workshops, we aim to break down barriers, eliminate stigma, and foster a sense of empowerment, ensuring every girl can navigate her period with pride and confidence.



HOW WE DO IT (NAVIGATING YOUR MENSTRUAL HEALTH)

EQUIP

Every girl is provided with a period pack, including a menstrual cup, five reusable pads, and a workbook on menstrual health.

EDUCATE

Our team of facilitators presents the workshop in an engaging and informative manner, adopting a nurturing "big sister" approach. Each girl takes home their workbook containing all the information covered during the session, allowing them to study and share valuable insights with their parents at home.

EMPOWER

Our primary focus is to introduce and educate girls about a sustainable alternative, providing them with the essential knowledge to make informed choices. We are committed to offering comprehensive information that aims to positively reshape the narrative surrounding the stigma associated with menstruation.

We empower girls by providing them with sustainable menstrual solutions – each receiving a menstrual cup designed to last up to ten years, along with five reusable pads with a lifespan of up to five years. Complementing these resources, we conduct workshops that cover the following essential topics:

- What is Menstruation?
- Why Does it Happen?
- Tracking Your Menstrual Cycle
- What to Expect if You Haven't Had Your Period Yet
- Ways to Manage Your Period
- Dealing with Period Pains
- What is a Menstrual Cup?
- Using and Caring for Your Cup?
- What is a Reusable Pad?
- Using and Caring for your Reusable Pad



SOME OF OUR RECENT PROJECTS



South Africa



Zimbabwe



Eswatini



Botswana

CROSSING BORDERS

Our mission has been to take our menstrual cup project beyond the borders of South Africa. This year we achieved that.

The process has been long and nerving but we were blessed to have found the perfect teams in Zimbabwe, Eswatini and Botswana

“The menstrual cup was received with high praise as it is a cost-effective alternative to sanitary towels. The women and girls were particularly excited by the longevity of the cup and having considered they received it for free, they were ecstatic” - Mentle Ncube

The response from the projects across our borders have been overwhelmingly positive which has given us the confidence to take the project to 3 new countries in 2024.



COST STRUCTURE

Products	250 girls (One or two grades depending on the size of the school)	750 girls (Typically the size of one School)	1500 girls (Typically two schools)	5000 girls (4-5 Schools)	Cost Per Product
<p>Menstrual Cup + Workshop</p> <p>A menstrual cup is a type of reusable feminine hygiene product. Its a small flexible funnel-shaped cup made of silicone that is inserted into the vagina to collect period fluid.</p>	R25 000	R75 000	R150 000	R500 000	R100
<p>5 Reusable Pads + Workshop</p> <p>A reusable pad is an eco-friendly alternative to disposable menstrual pads. They pads are designed to be washed and reused multiple times, providing a sustainable option for managing menstruation. Our pads are made of PUL, microfiber and bamboo charcoal.</p>	R37 500	R112 500	R225 000	R750 000	R150
<p>Menstrual Cup + 5 Reusable Pads + Workshop (Period Pack)</p> <p>Our period packs consist of 1 menstrual cup and 5 reusable pads. We have found that it can take some girls a few months to get comfortable with the cup so providing them a second option gives them freedom to get comfortable with the cup at their own pace.</p>	R62 500	R187 500	R375 000	R1 250 000	R250

PARTNERS WHO TRUST US





LET'S WORK TOGETHER

WWW.MOVEAFRICACO.COM

- **info@moveafricaco.com**
- **+27 76 3700 484**