

What??

Making washable, re-useable maxi pads for girls and women in impoverished areas in Kenya

These durable and long-lasting maxi pad kits consist of one base unit, two heavy liners and two light liners. They can be washed and reused many times. The pattern and instructions are easy to follow and the materials can be purchased at your local fabric store, or even found in your own closet. There are jobs for any skill level, even if you don't sew. You can make them individually or in a group to share the fun!



For more information:

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The Pad Project

Helping women and girls in Kenya have a bright future

Who?

The pads are given to school age girls in Kenya. The pads are brought to Kenya approximately every 6 months by volunteers who hand out the pads directly to the girls in local schools. Along with the pad kits, girls receive education about menstruation, safe sex and abstinence, feminine hygiene and respecting their bodies.



Why ?

Disposable maxi pads are not available or affordable in many third world countries, including Kenya. When girls start menstruating, many are forced to drop out of school. Annual school fees in Kenya are a huge sacrifice for a family, especially a family with multiple children. When adolescent girls start menstruating, they often have to miss a week of school every month because they don't have access to feminine products. They are not able to keep up in school with so many absences, and thus are often not able to pass the difficult exam at the end of eighth grade. If they don't pass the exam,

they don't get to continue on in school. There are very few options for a young girl in Kenya who is done with school at age 13 or 14, and none of them are good. The sad situation that these young girls find themselves in is to have to choose between dropping out of school and prostituting themselves in order to graduate. Older boys are buying disposable feminine products and giving them to the school age girls in exchange for sex. For most young girls, their bodies are all they have to sell. In Kenya, graduating from high school is often the difference between having a career and going hungry.

