

## WHO WE WORK FOR

Pads are distributed to girls and women around the world who can't afford sanitary supplies. Though most of our pad distributions are in Africa and East Asia, the Pad Project does not work selectively—our goal is simply to provide a brighter future to girls who have too little, no matter the country or age. Pads are typically distributed at schools, orphanages, women's shelters, and community centers.

**In many countries, graduating high school—which often can't be done without sanitary supplies—is the difference between having a free and successful future and going hungry.**

Disposable maxi pads are not available or affordable in many developing nations. Many girls miss a week of school each month when they start menstruating because they do not have access to feminine products. Older girls cannot hold a job if they have to disappear for a week every month when they have their period. Mothers with young children can't care for their families if they are immobile while menstruating. It is nearly impossible for a girl to graduate from secondary school without reliable sanitary supplies, let alone graduate from high school, get a job, have a career, be autonomous and take care of themselves and their families. Many women and girls are faced with prostitution as their only option to meet this need, and that is unacceptable. This is a tangible and basic need that **WE** can provide, that **YOU** can provide. Sewing pads can literally change the life of a girl in need, and they can help her have a future she may not have ever thought possible.



## WHY WE DO IT





## THE PAD PROJECT



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The Pad Project makes washable, reusable maxi pads for girls and women around the world who have limited or no access to sanitary supplies.

Each distributed pad kit consists of two base units, four heavy liners, and four light liners. The pads are durable, long-lasting, and can be washed and reused for about ten years. Instructions and patterns needed to make the pads are easy to follow, and all materials can be purchased at your local fabric store—or even found in your own closet. Even if you don't sew, there are jobs for any and every skill level. Join our team and make the pads on your own, or gather a group to share the fun and spread the word.

WHAT WE DO

### FOR MORE INFORMATION:

Check out our website:  
[www.toolittlechildren.org](http://www.toolittlechildren.org)

or like us on Facebook:

@padprojectafrica

Contact us directly via email  
at

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**Helping women and girls in  
developing countries have a  
brighter future.**