

periods for hope

Annual Report

2022

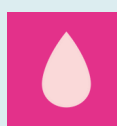
226-728 NPO
www.periodsforhope.org

About Us

Periods for Hope is a Non-Profit Organisation (**226-728 NPO**) that focuses on addressing issues around menstruation, gender-based violence, teenage pregnancy, and period poverty. Our small team aims to create a world where women are empowered, where period poverty does not exist, and where menstruation is not taboo.



Our Mission



Providing reusable pads to women and girls in impoverished communities.



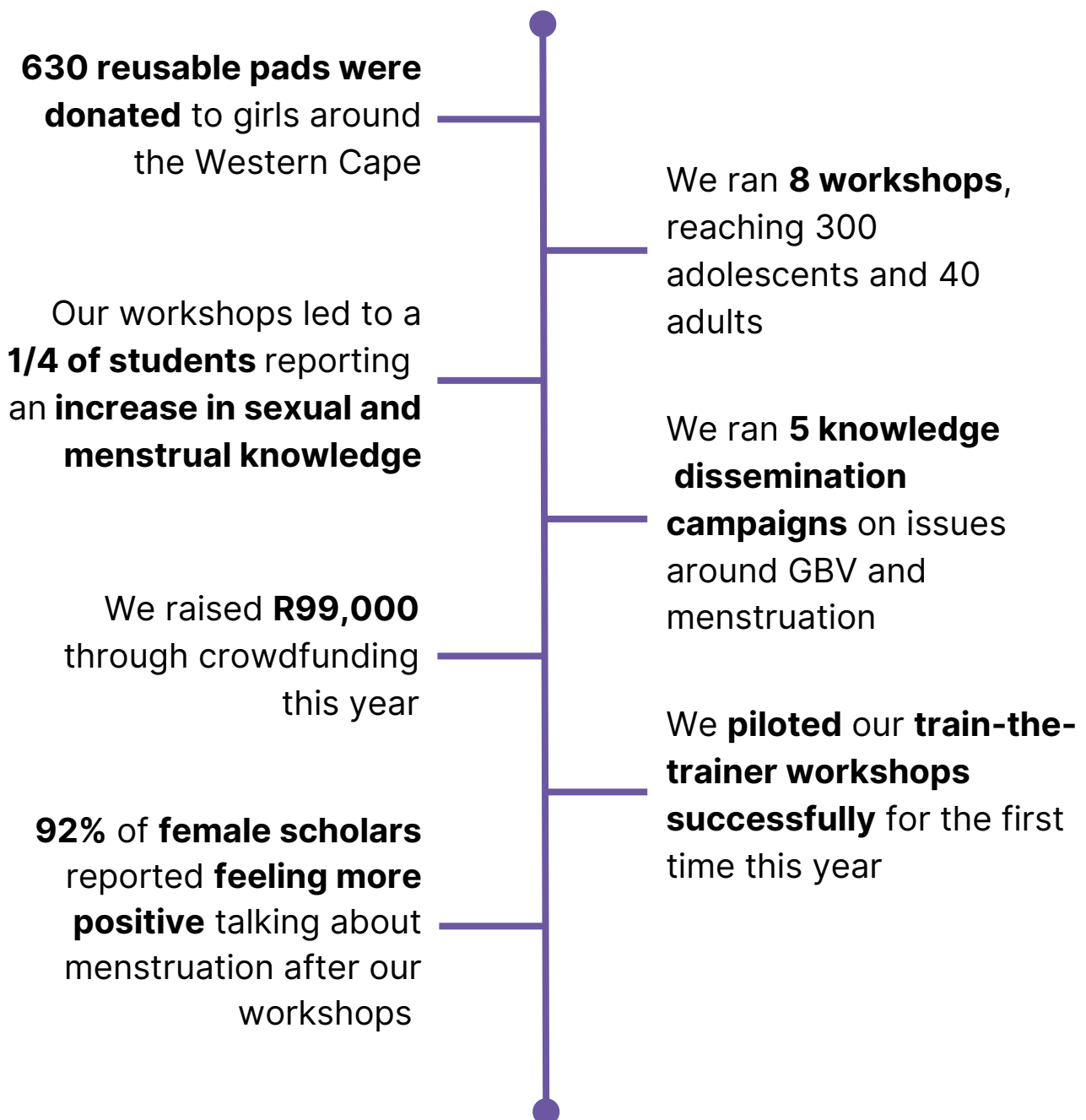
Educating male and female scholars about reproductive and menstrual health with a primary focus on the link between these topics and gender-based violence.



Reducing the stigma around menstruation and empowering women and girls by promoting their sense of self-worth.

A Year in Review

The past year has been another meaningful one for the Periods for Hope team, with many learnings and exciting events. Our team is grateful to have had the opportunity to continue positively impacting the lives of those in our surrounding communities and to keep working to achieve our mission and vision.



Reusable Pad Kits

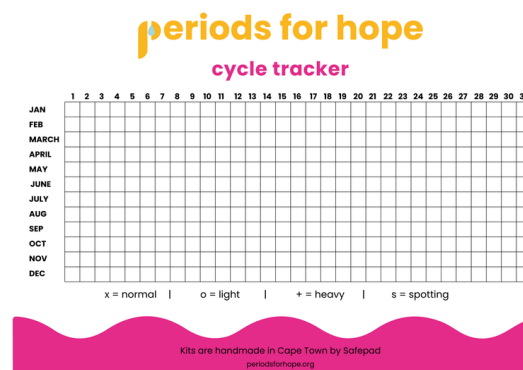
Periods for Hope chooses to procure and donate reusable pads from **SafePad**. Safepad's reusable pad contains an antimicrobial treatment which makes the pad self-disinfecting and helps keep it free of bacteria and fungus during use and after washing.



Each package contains **3 super day pads** (for lighter flow), **1 long night pad** (for heavier flow) and a storage bag. The sides of each pad (lined with a waterproof shield) clip together over the lining of the panty, in the same position of a normal pad. The pads can withstand approximately 100 washes, which equals a **lifespan of about 4-5 years**.



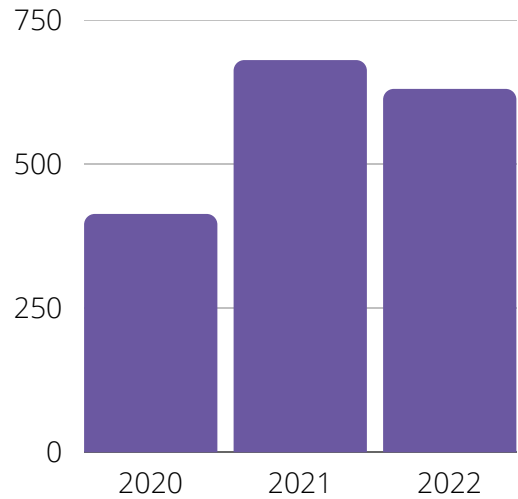
Periods for Hope also include a **period cycle tracker** in the donation kit, so that beneficiaries can **track their flow** and **pre-empt their next period**.



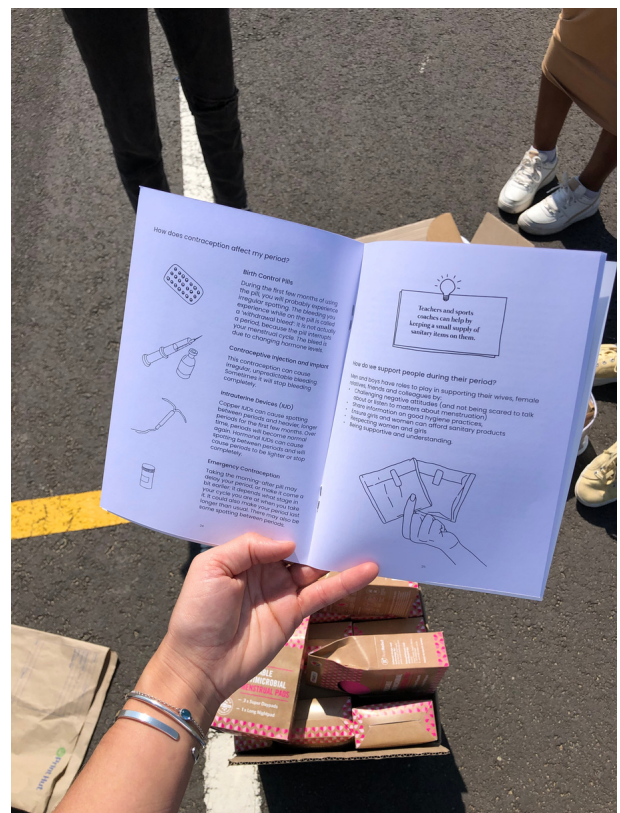
Donations

In 2022, Periods for Hope donated **630 reusable pad kits**. This marks a 53% increase relative to 2020, but a slight decline (7%) since last year.

390 of the pads were donated to school learners at Periods for Hope workshops, while 240 were donated with the help of our implementing partners.



Number of pad donations: 2020-2022



Workshops

In 2022, Periods for Hope ran **8 in-person workshops**, covering topics around:

- menstruation
- teenage pregnancy
- period poverty, and
- gender-based violence



5 of the workshops were conducted with scholars, while 3 were run with adults. All workshops were conducted in the Western Cape.

In the school sessions, we worked through the content with the students and **each girl was given a reusable pad kit and a period cycle tracker.**

Each student was also given a Periods for Hope **educational booklet**, which provides more details on the topics discussed in the workshop, and instructions how to use the reusable pads.

For the first time, we ran workshops with adults, piloting our **'train-the-trainer' educational model.**

In this approach, we hope to **equip local leaders with the knowledge and skills required for them to educate others in their own communities** on menstrual and sexual health.

In the workshops, we covered similar sexual and menstrual health content, but with an additional focus on **how to facilitate discussions around these topics.**

We gave each adult a Periods for Hope **facilitators manual**, which was specifically designed as a resource to aid individuals who work with adolescents and young adults to guide discussions around menstruation and sexual health.

Measuring Impact

To measure **basic menstrual and sexual knowledge**, we asked individuals a series of 11 true/false statements. For example:

- Period blood comes from the stomach
- Women can play sport and be active during their period
- Birth control and family planning can affect your period
- A girl is dirty or unclean during her period

The same statements were asked before and after the workshop, allowing us to measure the **short-term causal effects** of the workshop.

Female learners were also **asked whether they miss school during their period** and, if so, **how many days** they usually miss. After the workshop, girls were asked how they feel about their period, whether they feel more confident talking about periods, and whether the sanitary kit provided would help them manage their period.



Our Impact: School Workshops

300

students
reached

24%

increase in sexual
and menstrual
knowledge

92%

indicated that
reusable pads will
be useful

In our school workshops, we engaged with **300 learners** around the Western Cape. **16%** of the females reported that they sometimes **miss school when they are on their period**, with the most common reasons being pain/discomfort, lack of sanitary products, and lack of appropriate school facilities.

On average, girls reported **missing around 2 days of school during their period**. **92%** of females reported that the reusable sanitary kit provided in the workshops would help them to manage their period in the future.

On average, students' sexual and menstrual knowledge was **24% higher** after the workshop, compared to the pre-workshop questionnaire. **84%** of female learners felt more positive about their period after the workshop, and **92%** said that they feel more positive talking about menstruation after the workshop.

Our Impact: Adult Workshops

40

adults
reached

7%

increase in sexual
and menstrual
knowledge

100%

feel more positive
talking about
menstruation

For the first time this year we conducted adult workshops - also called the 'train-the-trainer' method. We view this approach as pivotal to our future impact and helping Periods for Hope create much **more sustainable positive change** in communities going forward.

The aim of these workshops is to **equip adults who teach adolescents** (teachers, sports coaches, community leaders, etc.) with the **knowledge and confidence** they need to discuss important topics around menstruation and sexual health with young boys and girls. We want them to feel empowered to hold space for these discussions in their daily interactions with students to break the taboos around menstruation and fight gender-based violence.

In our train-the-trainer pilot workshops, we worked with **40 adults** in Cape Town. On average, sexual and menstrual knowledge was **7% higher** after the workshop, compared to the pre-workshop questionnaire. **100%** of respondents reported learning something new in the workshop, and **100%** of the adults felt more positive talking about menstruation after the sessions.

Qualitative Feedback

At the end of the workshops, we asked participants to write down what they thought was the most valuable thing that they learnt in the workshop.

The word cloud below summarises some of the **most common responses** (the larger the word, the more often it was mentioned).



We also asked participants how they believe we can improve our workshops in the future. Some quotes are highlighted below.

“Please teach this more”

“Invite even more girls to things like this”

“Come regularly”

“Visit more communities and reach more people”

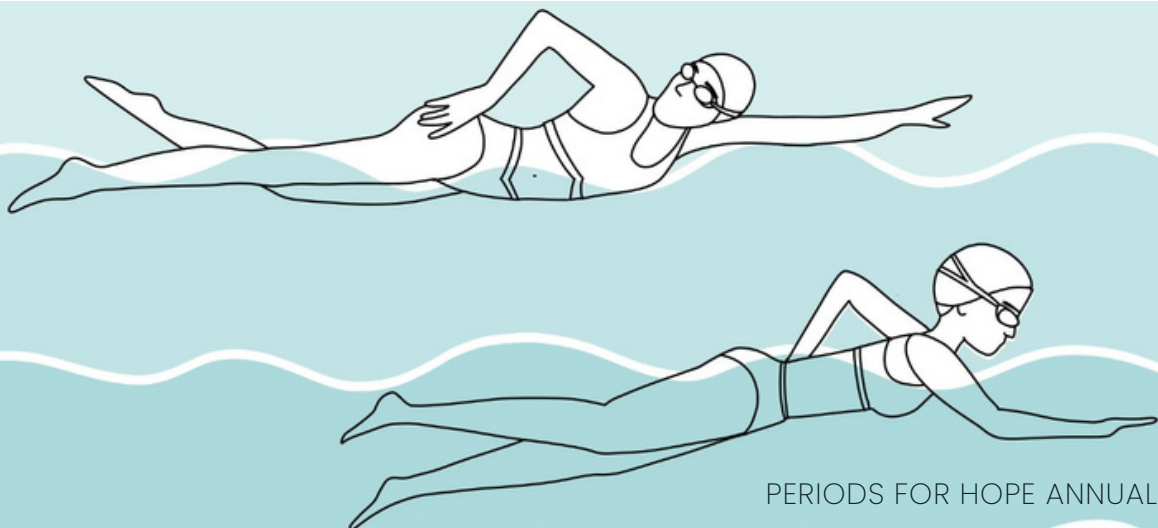
“It was perfect”

Fundraising

In 2022, Periods for Hope raised **over R75,000** through a successful fundraising drive led by two of our co-founders Lara du Plessis and Emily Farrell, who bravely swam from Robben Island to Cape Town. A special thanks must be given to **Africa Development Group** and other individual donors who supported our cause. The support and encouragement has gave us a chance to provide both reusable pad kits and education to youth and women in South Africa.

In celebration of **Women's Month**, we also partnered with local social media influencer and personal trainer, Kirsten Johnson (@fitnessbykirsten), to raise funds for Periods for Hope. Through her recorded exercise class, available for purchase, we were able to make a significant contribution to our cause.

As we move forward into 2023, we are looking for **corporate partners** to help us further our mission. If you or your company is interested in partnering with us, please reach out. We are dedicated to making a positive impact in the lives of those we serve and your support would be greatly appreciated.



Social Media Campaigns



In 2022 Periods for Hope ran a number of social media campaigns, aligned with our knowledge dissemination mission. We strive to reach more individuals from our target audience with this content in 2023.

A Quick Chat About

This ongoing campaign comprises short Instagram posts related to questions we are frequently asked by workshop participants. The aim of these posts is to make the information both accessible and non-intimidating. Topics covered include: consent; period blood; the menstrual cycle; and contraceptive methods.

The image displays a grid of 20 educational cards, each with a title and key information:

- consent**: Let's talk about. Sexual consent is an agreement between people to engage in a sexual activity together. Consent is informed, specific, and ongoing negotiation of enthusiastic desire. It can be withdrawn at any time and happens in the absence of pressure or coercion.
- ask for consent**: How to. The best way to know that you have consent is to ask. Clear verbal communication is important when determining whether you have consent from your partner.
- give consent**: How to. The clearest way to give consent is directly and verbally. It doesn't have to be a long discussion.
- withdraw consent**: How to. It's never too late to withdraw consent if you start feeling uncomfortable with where things are headed. The best way is to communicate verbally (e.g. by saying "stop"), but you can also use non-verbal cues if that is too confrontational for you.
- period blood**: A quick chat about. What is considered healthy: brighter red; fresh blood; dark red; heavier bleeding; dark red, brown or black; older blood; beginning or end of period.
- seek help**: When to. Thin, watery; low estrogen or nutritional deficiency; purple; heavy and often painful; bright orange; jelly-like; could indicate infection.
- the menstrual cycle**: A quick chat about. The menstrual cycle consists of four stages: the follicular phase, the ovulatory phase, the luteal phase, and the bleeding phase.
- follicular**: An egg will begin to develop in the ovary. The lining of the uterus, called the endometrium, will start to thicken.
- ovulatory**: The ovary will then release the egg into the fallopian tube. The endometrium will continue to thicken to prepare for pregnancy.
- luteal**: The egg moves to the uterus, and if it is not fertilised, the endometrium will begin to break down and disintegrate.
- bleeding**: The endometrium is shed through the vagina as blood, tissue and mucus. This is a "period", and will usually last between 2 and 7 days.
- contraception**: A quick chat about. During the first few months of using the pill, you will probably experience irregular spotting. The bleeding you experience while on the pill is called a "withdrawal bleed": it is not actually a period, because the pill interrupts your menstrual cycle. The bleed is due to changing hormone levels.
- birth control pills**: During the first few months of using the pill, you will probably experience irregular spotting. The bleeding you experience while on the pill is called a "withdrawal bleed": it is not actually a period, because the pill interrupts your menstrual cycle. The bleed is due to changing hormone levels.
- contraceptive injection and implant**: This contraception can cause irregular, unpredictable bleeding. Sometimes it will stop bleeding completely.
- intrauterine devices (IUD)**: Copper IUDs can cause spotting between periods and heavier, longer periods for the first few months. Over time, periods will become normal again. Hormonal IUDs can cause spotting between periods and will cause periods to be lighter or stop completely.
- emergency contraception**: Taking the morning-after pill may delay your period, or make it come a bit earlier: it depends what stage in your cycle you are at when you take it. It could also make your period last longer than usual. There may also be some spotting between periods.

16 Days of Activism

Over the 2022 16 Day of Activism we ran a campaign with 4 pillars: frequently asked questions; highlighting activists; government action; and what PFH does to tackle Gender-Based Violence in South Africa. The campaign was very well received and shared by many individuals.

<p>"What is gender based violence?"</p> <p>8000 Monthly Searches on Google</p> <p>Swipe to learn about 6 types of GBV</p>	<p>Bhanya Orogbo</p>	<p>National Strategic Plan</p>	<p>What does Periods for Hope do?</p> <p>The first step in learning to love and feel pride in one's own body is knowing and understanding it.</p> <p>We explain the importance of breaking taboos and speaking openly about female anatomy and sexuality.</p> <p>We examine the female reproductive system, its anatomy and essential functions.</p> <p>We discuss the menstrual cycle, sex, birth control, and pregnancy.</p>
<p>"how does gender-based violence affect the community in South Africa?"</p> <p>8000 Monthly Searches on Google</p> <p>Swipe to learn the impact in SA</p>	<p>Candice Chirwa</p>	<p>3 New Bills to Combat Gender-Based Violence Signed into Legislation in 2022.</p>	<p>What does Periods for Hope do?</p> <p>We provide reusable sanitary kits to girls in our partner schools to alleviate period poverty in the community.</p> <p>Safepad's reusable menstrual pads last for up to 5 years, providing a long term solution to effective and dignified period management.</p>
<p>"which law protects gender-based violence?"</p> <p>1800 Monthly Searches on Google</p> <p>Swipe to learn</p>	<p>Nokuzola Ndavandwe</p>	<p>Rapid Response Teams</p>	<p>What does Periods for Hope do?</p> <p>We believe that girls become empowered when they feel proud of their bodies and free to be whoever they want to become.</p> <p>We encourage girls to love their bodies and to take pride in their menstrual cycles.</p> <p>We remind girls that they are not inferior because they have a period, and we emphasise breaking the taboos around menstruation.</p>
<p>"how can we help victims of gender-based violence?"</p> <p>700 Monthly Searches on Google</p> <p>Swipe to learn</p>	<p>Siv Ngweni</p>	<p>What About The Boys?</p>	<p>What does Periods for Hope do?</p> <p>We believe that knowledge is power, and it is only through educating young boys and girls that we can tackle the gender inequality in SA.</p> <p>In our workshops, we have workshops with boys to teach them more about menstrual and sexual health.</p> <p>When boys are provided a safe space to ask questions and learn about the female body, they gain respect for women.</p>

Creative Contracts GBV Campaign

As Periods for Hope, we value our community and their contributions. A volunteer, who works for Creative Contracts, shared their beautiful set of comics designed to raise awareness about gender-based violence and domestic violence in farming communities in the Western Cape. We feel extremely fortunate to have had the opportunity to share this campaign on our platforms. This campaign is aligned with our Education mission.

Welcome to the Club

In 2021, Periods for Hope collected stories of women’s first periods. While this beautifully designed booklet is available on our website, we have not had the opportunity to share many of the stories with our followers. We highlighted a few of these on our social media platforms throughout the year.

“The first time, I was 12 years old and in grade 6. I had prepared a little purse with pads, pantiliner and a spare panty in case it happened at school, and it did! I was at school after class had ended because of netball practice later that afternoon. I felt a bit irritated, teary and emotional throughout the day. I had a few cramps so I went to the bathroom, and it had started! There was a nail-sized brown stain on my underwear. I quickly ran back to my locker, grabbed my little purse and changed into clean underwear and a pad.”



“I got my first period when I was 10; I was the first one in my class. I had to make a makeshift pad out of toilet paper because I didn’t know who to ask. When school was over I told my mum and we bought pads.”



“I was 14 years old and on holiday. We were driving home from dinner and my tummy started to get very sore! When we got home I jumped in the shower and my underwear was covered in blood, which I mistakenly thought was poop. I was so embarrassed because I thought I pooped in my pants! I soon realised it was my period, which made me even more nervous. I spoke to my sister and she helped me use my first pad. Always ask for help, there’s nothing to be ashamed of!”



Implementing Partners

Our impact is only as great as our partnerships. We are very grateful for the following **non-governmental organisations, activist groups, and schools for supporting our work in 2022**. We also extend thanks to our **individual supporters and volunteers** for enabling us to operate successfully throughout the year.

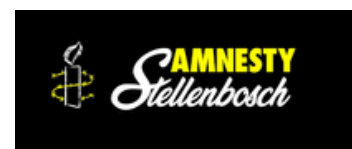
CoolPlay



Harare CAN



Amnesty Stellenbosch



Gugulethu CAN

Gugulethu Urban Forest Food Initiative



Open for Work



Sinani Food Kitchens

NuLife Activities



Kayamandi Secondary School



Masibambane High School

Contact Us

At Periods for Hope, we value the support and feedback of our stakeholders.

If you have any questions or comments regarding our annual report or any other matter, please do not hesitate to reach out to us.

We look forward to hearing from you!



Phone Number

+27 64 008 6224 (Lara)
+27 83 272 9918 (Richard)



Email Address

info@periodsforhope.org



Website

www.periodsforhope.org

 **periods for hope**