

A SUSTAINABLE ANSWER ENABLING AGENCY

WHY THE PADS?

- Girls miss between 3 – 5 school days per month for a lack of sanitary wear.
- SisterPads enable mobility, access to education and opportunity.

GIRLS CLAIM:

- joy over not missing school anymore
- a sense of safety and security
- Peace of mind increases ability to concentrate
- gratitude to stay clean
- no fear of going to school during menstruation anymore

THE VALUE OF THE PAD

- A sustainable solution
- Pads last for years
- Cheaper than disposable pads
- An increase in school attendance of 15 – 25 %
- Enables greater academic performance
- Confidence levels increase
- Agency to become self-determined is increased
- Female reproductive biology can be embraced
- Enabled mobility enables hope and vision
- Environmental benefits

MATERIAL SAFETY

Pads are made from 100% cotton and ProSoft Waterproof PUL. Produced in the USA the PUL is Consumer Product Safety Improvement Act certified. The waterproof PUL is the key component of the SisterPad, being breathable, soft, stretchy, flexible & durable.



sisterPADS
www.sisternamibia.org

WHO WE ARE

Sister Namibia is a non-governmental organisation working to see the promotion of gender equality and the empowerment of women take full effect in Namibia.

Through information sharing and practical means Sister Namibia wishes to equip women to become agents of change in their own lives and that of their communities.

The goal of SisterPads is to improve girls' welfare and dignity, and especially to affect increased school attendance and subsequent improved performance at school, which can contribute towards the completion of their primary and high school education.

The long-term consequence will be increased earning potential with each grade completed as an enabler to break the cycle of poverty in their lives.

An indirect objective is that girls will have less reason to resort to sugar daddies for supply of basic needs like sanitary pads. Indirectly pregnancy and contraction of STDs can be prevented through Sister Namibia supplying learners with SisterPads.



SUPPORT SISTERPADS Buy 1 SisterPads kit for only N\$200 (US \$ 15)

Sister Namibia Trust, Bank Windhoek Branch code: 48 21 72 Account nr: 800 253 8992 Swift code: BWLINANX
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