



INTERNATIONAL ALLIANCE OF WOMEN  
ALLIANCE INTERNATIONALE DES FEMMES

All these organisations are planning and organising their own events in their respective schools.

In the future, small social economy enterprises will be set up to produce reusable pads for distribution to the girls in schools.

**IAW needs your financial support. With your donation you contribute to the success! Every donation counts!**



**Postfinance:**

Alliance Internationale des Femmes  
IBAN: CH15 0900 0000 1488 7557 3  
Intended use:  
„Water and Pads Project“

**Online bank transfer:**

[www.womenalliance.org](http://www.womenalliance.org) unter  
- Donations and Membership  
- Donations to the following project:  
“Water and Pads“

**IAW and the schoolgirls thank you for your support!**

More information on this topic at  
[www.iawwaterandpads.com](http://www.iawwaterandpads.com) and [www.womenalliance.org](http://www.womenalliance.org)



INTERNATIONAL ALLIANCE OF WOMEN  
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**Water and pads for schoolgirls**

Learning and understanding –  
Empowerment for life

The menstruation cycle is a shared life experience for women all over the globe.

What we take for granted, however, is often afflicted with shame and taboo in poor rural areas of Africa and Asia. The girls lack sufficient knowledge about menstrual health.

This can have dire consequences for schoolgirls. Inexpensive sanitary pads are difficult to obtain. To avoid being mobbed many schoolgirls hide at home during their period using dirty rags.

Absence from classes amount to 5 days per month consequently they must abandon school prematurely.

These adolescents are particularly at risk of sexual violence, undesired pregnancies and forced marriage.

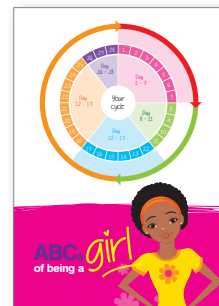
This was shown by research conducted by several IAW member organisations in different regions.



This was the start of the project

## “Water and pads for schoolgirls”:

**Breaking taboos – learn about the female cycle – develop self-confidence!**



The IAW member organizations are in regular contact with the teachers of the selected schools. The pupils are provided with age-appropriate educational brochures published by specialist organisations such as UNICEF.



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Thanks to this training, the schoolgirls gain more self-confidence and perspectives for the future.