

CARING4GIRLS PARTNERSHIP WITH THE IMBUMBA FOUNDATION



Caring4Girls Executive Summary

The Caring4Girls initiative provides female learners with sanitary towels to help keep them in school during their monthly cycles. The programme was started in 2012 after Richard Mabaso (concept innovator) overheard a fearful conversation between his mom and niece about menstruation which to this day is deemed taboo by many societies.

Research has revealed that most poor girls may miss up to 50 days of schooling annually due to the lack of access to adequate sanitary protection. It is against these shocking statistics that Imbumba Foundation established Caring4Girls to achieve the following:

- Reach and support as many underprivileged girls as possible with sanitary towels.
- Create menstrual hygiene awareness through education and training.
- Establish Caring4Girls Advocacy Groups in schools.
- Reduce high number of school absenteeism and drop-outs occurrences caused by menstrual related challenges.

The Caring4Girls programme focuses on education and training on puberty and menstrual hygiene management as well as the safe and environmentally responsible handling, usage and disposal of sanitary towels in poor and rural communities.

Sponsorship Request

As part of this year's exciting celebration of Madiba's Centenary, we have created opportunities for prospective partners to get involved and support us through our Trek4Mandela and Caring4Girls programme.

We invite you to partner with a number of selected disadvantaged schools at the current rate of **R360** per girl child per year. The total budget will be determined by the number of girls from your adopted schools.

Implementation and Selection Criteria

The programme runs throughout the year. The below is the standard roll-out but this will be adjusted according to when a new donor partner comes on board.

- First preference is given to prospective partner/ or sponsor to choose a school.
- Alternatively, schools can be chosen from list of needy schools compiled by provincial or district Department of Education.
- Orphaned and vulnerable.
- Girls from child headed homesteads.
- Poor or no fee schools.
- Teenage pregnancy hot-spots.
- Quintal 1 to 3 schools, ((Non-fee paying schools).

Step One:

Once funding is confirmed, our facilitator visits the school/s to engage with teachers and learners to establish baseline information or school profile.

Step Two:

The next step is the completion of Caring4Girls registration forms for evidence and accountability purposes.

Step Three:

Puberty and menstrual hygiene training by our female facilitators. The reason for female facilitators is to make sure girls can engage freely and also be able to do a 'Girl Talk'. Girls are taught not to dump sanitary pads in areas where they can easily make their way back into river streams and contaminate what in most cases will be the only source of water for the community.

Step Four:

Distribution of sanitary pads to all beneficiaries. This is when each girl receives three or four packets of sanitary pads to help keep them in school while resting their pride and dignity.

Step Five:

Ongoing monitoring and evaluation.

The programme is tailor-made to suit specific needs of various companies and it can be supported under CSI budgets. Distributions are done either three or four times per year.

BUDGET

The amount of R360 per girl includes the following:

- 1-year's supply of sanitary towels
- Transport and delivery costs (3 deliveries per year)
- Management fee

The following items are budgeted for in addition:

- Corporate branded drawstring bags – R 30 each
- Puberty education sessions – additional R 5,000 per session school
- Puberty booklet – R15 each

Supplementary Programme: Caring4Girls Back2Basics Program

Phase 1: Introduce the program and address basic hygiene issues.

- How to wash and ensure that one keeps their space at school and home clean.
- Dental care is very important to ensure that teeth are clean, and that their breath is fresh.
- Looking presentable is essential and it helps individuals feel good about themselves.

Phase 2: Addressing good health and nutrition. Introducing easy exercises that learners can do, promoting sports and activities to keep them active. The topic of nutrition will deal with cooking any type of food and ensuring that one gets the nutrition out of the food available. We will highlight the use of salt, sugar and oil just to name a few.

Phase 3: Talks on puberty. These talks will enable students to share their experience on puberty and accrue more information about issues they might not really understand. Sexual health is an important topic to be dealt with so that girls can identify symptoms pointing to sexually transmitted infections or any other infections on their bodies. The talks will also deal with relationships, mainly assisting student to recognize healthy and unhealthy relationships.

Phase 4: Teen Pregnancy. Re-introducing the concept of abstinence and safe sex, teaching them how to use condoms, presenting the various contraceptive methods and how to deal with informing parents and the school of the pregnancy.

Phase 5: Career Guidance will focus on grades 9, 10, 11 and 12. The program will be aimed at informing students' which subjects are required for the different fields of study. Detailed Exam Preparations:

- How to study
- Basic do's and don'ts while studying and in the exam room
- Time management

Sisterhood Programme

In addition to all the above, we are introducing a **sisterhood programme** in the schools, led by the top achieving girls in the school. The programme is designed for the students to identify social ills in their schools and community and come up with solutions which they need to implement. The programme is designed to be a support structure for the learners that need assistance. The reason for creating the sisterhood group is for the students to create an environment that seeks for solutions and not individuals that wait for someone to come make a change in their lives.

The groups in the different schools will meet and deliberate issues that they have been dealing with at their schools and get the opportunity to share ideas with people they do not

know but they will all work on one mission which is to change the lives of those closest to them. "each one, help one".

Please do not hesitate to contact us for any further information you may require or to initiate a meeting with our team.

Sincerely,

A handwritten signature in black ink, appearing to read "Richard Mabaso". The signature is fluid and cursive, with the first letter of the first name being a large, stylized 'R'.

Richard Mabaso
CEO