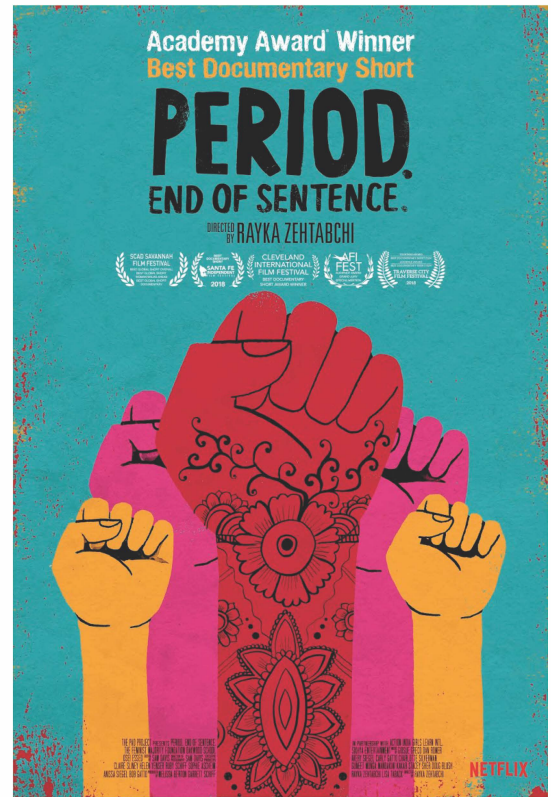


A period should end a sentence, not a girl's education.®

The Pad Project is a 501(c)3 not-for-profit organization whose mission is to create and cultivate local and global partnerships to end period stigma and to empower women and all menstruators worldwide. In 2013, a youth-driven community of students and educators started The Pad Project with the idea that menstruation matters for everyone. Together they created the Netflix documentary *Period. End of Sentence.*, which won the 2019 Academy Award for Best Documentary Short, and since then, The Pad Project has continued to grow.

The Pad Project partners with local organizations and grassroots NGOs to implement pad machine or washable pad programs, run menstrual hygiene management (MHM) workshops, and distribute menstrual products in communities around the world. We work with our partners to tailor each program to the specific menstrual health needs of each community.



What is period poverty?

Period poverty is the lack of access to menstrual products, menstrual hygiene education, toilets, and washing facilities and/or waste management. According to the National Women's Law Center, nearly 1 in 8 American women lived in poverty in 2018 and nearly 1 in 3 women of childbearing age was economically insecure. Tampons, pads, and other menstrual hygiene products are not accessible to economically insecure menstruators via food stamps, health insurance, or Medicaid coverage.

What do we do?

The Pad Project has 4 programs intended to increase the availability and accessibility of menstrual products in the U.S. and around the world.

What is the issue?

Menstruators in low-income communities in the U.S. and around the world often lack access to menstrual products. The combination of period poverty, stigmatization, and inadequate sexual and reproductive health education has major consequences for menstruators. According to a recent study, 1 in 4 teens in the U.S. has missed class because they don't have access to menstrual products.

International Programs

1. Pad Machine Programs involve the placement of a pad-manufacturing machine and the manufacture and sale/distribution of disposable pads to menstruators in the community. Each pad machine program employs approximately 5 women to make and sell the pads.
2. Washable Pad Programs involve manufacturing and distributing Dignity Kits filled with washable pads, liners, underwear, hand towels, and soap to menstruators in the community.

U.S. Programs

1. Pads for All involves partnering with U.S.-based nonprofits and grassroots organizations to expand access to menstrual hygiene products and provide MHM education for menstruators across the country.
2. Pads for Schools involves partnering with schools and school districts across the U.S. to help them provide free menstrual products to students.

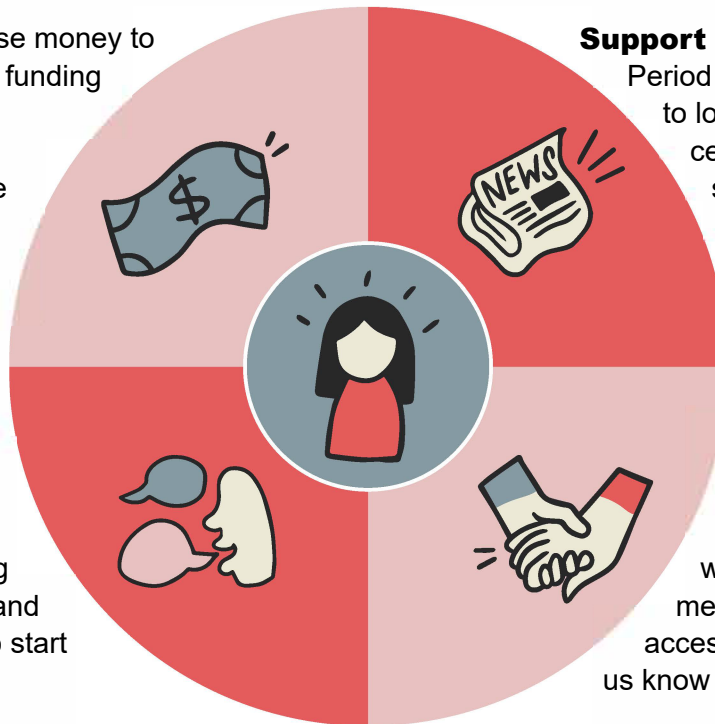
Donate today: Help us raise money to increase menstrual equity by funding our U.S. and international programs. Even a small contribution will help us make menstrual products accessible to menstruators around the world! Text PADPROJECT to 71-777

Spread the word: Help educate your community about menstrual hygiene issues by hosting a screening of *Period. End of Sentence.* and using our discussion guide to start a conversation.

Support your community:

Period poverty is a global issue. Talk to local shelters and resource centers to see how you can support menstruators in your community.

Partner with us: We believe in the importance of collaboration, and we want to work with you to make menstrual products more accessible in your community. Let us know how we can help!



Join

Join the movement today! Help us make menstrual equity possible by increasing access to affordable menstrual products worldwide.

For more information, visit us at thepadproject.org or email us at info@thepadproject.org

