GIRLS HELPING GIRLS PERIOD™

2025 IMPACT REPORT

mission

Girls Helping Girls. Period. is committed to ending period poverty and achieving menstrual equity as essential components of basic health, human dignity, and social justice. We strive to remove financial and social barriers to healthy menstrual management by providing menstrual supplies, along with meaningful education and advocacy, that address systemic issues because we believe no one should miss school, work, or opportunities simply because they have a period.

education

Our students come from communities where a significant portion of the community struggles to afford basic necessities and where period stigma has a direct impact on girls' and women's education, health and self-esteem.

IN 2025:

WE ENGAGED MORE THAN **450 STUDENTS** IN OUR IYKYK WORKSHOPS

IN **9 DIFFERENT SCHOOLS** ACROSS NJ IN COMMUNITIES INCLUDING NEWARK, IRVINGTON, ORANGE, TRENTON & NEW BRUNSWICK

WITH **26 COHORTS** OF STUDENTS

OUR FACILITATORS:



Sandy Green, Issata Oluwadare, Tracy Parris-Benjamin, Vivian Harrow, Jenny Hoyos, Foutamata Niangado, Zaira Gonzalez, Phoebe Holt-Reiss, Elise Joy

WORKSHOPS



> The presentations are amazing. It actually shows the children real life health skills they can use and we can see they are sharing information with other classmates.
> – School Staff Partner

OUTCOMES

78% carry an emergency kit
compared to 38% before workshops

84% know how to use a pad
compared to 63% before workshops

4 in 5 want to know how their body works
same before and after workshops

distribution

About 1 in 3 women in New Jersey, nearly 1.7 million, live in households that can't reliably afford basics. GHGP works with agencies across NJ to help ensure many of these women and girls have the products they need that help them get to work and school and participate in their lives without limitation simply from their periods.

IN 2025:

MORE THAN **850,000** PADS, TAMPONS AND LINERS DISTRUTED

MORE THAN **15,000** INDIVIDUALS HELPED

PARTNERED WITH **45 AGENCIES** ACROSS NEW JERSEY and NEW YORK

SINCE 2016:

5,275,378 MENSTRUAL PRODUCTS DISTRIBUTED
(give or take a tampon or two)

changing lives, one donation at a time

AVERAGE DONATION TO EACH CLIENT IS 2-3 MONTH SUPPLY



> When I can't afford period products, it makes me feel powerless and ashamed. I have to resort to either cutting cloths and layering old cotton shirts I've had or using so many paper towels. I've stayed home from work and avoided leaving the house... Having access to free menstrual products makes me feel cared for, supported, and valued as a woman.



> [These] pads help me manage my periods safely and hygienically so I don't have to resort to using unsafe alternatives that can lead to infections or discomfort.



> The donation allows my child to have period products on hand in the event of an emergency.

donate

To support our work go to GirlsHelpingGirlsPeriod.org

AGENCIES:

- Aisle 7-Montclair Mutual Aid
- Barack Obama Green Charter School
- Bloomfield Presbyterian Church on the Green Food Pantry
- Boys & Girls Club of Union County
- Center for Family Services
- Central Jersey Club
- Church World Service
- Columbia High School Girls Helping Girls Period Club
- Cougar Cares
- Department of Children and Families / Division of Child Protection and Permanency
- Fairleigh Dickinson University Knights Market
- Family Connections
- HUUB
- I Can Make a Difference
- Interfaith Food Pantry of the Oranges (IFPO)
- International Rescue Committee
- Kean University Cougar Cares Food Pantry
- Kids in Need of Defense (KIND)
- Maplewood Department of Community Services
- Maplewood Police Department
- Meeting Essential Needs with Dignity (MEND)
- Moms Helping Moms Foundation
- Mujeres Al Poder
- Nassan's Place
- NCJW/Essex
- New School University Food Pantry
- Newark Community Health Center
- NJIT- Campus Wellness
- Newark Police Division Community Service
- Office of Violence Prevention and Trauma Recovery
- Open Cupboard Food Pantry
- Passaic County Community College Food Pantry
- Paterson School #4
- Raritan Valley Community College Food Pantry
- Rutgers Newark Food Pantry (PantryRUn)
- SoMa Justice
- Suffern Rotary
- The CARE Center of New Jersey
- The Food Justice Fridge Initiative
- Toni's Kitchen
- Union County Office on Women
- Union County College Food Pantry
- Visions and Pathways
- William Paterson University Food Pantry
- Wonder Girls