

**GIRLS HELPING
GIRLS PERIOD™**

Social Impact Report

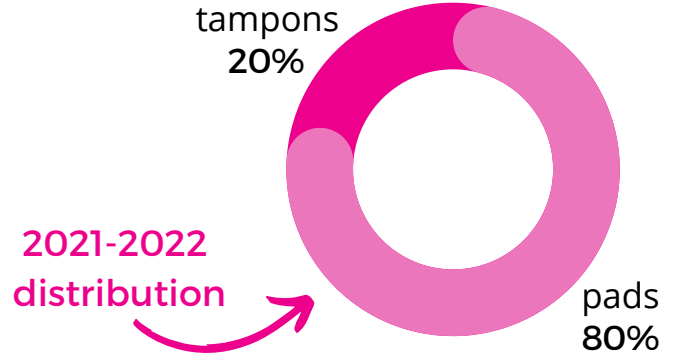
The First 6 Years

Menstrual health is a matter of basic health. And human dignity. We are dedicated to educating people about the need for safe, readily available period products so that anyone can learn, create and thrive without distraction or limitation posed by a basic, bodily function.

We donate ample supplies of period products to food pantries, social services organizations, emergency outreach and community groups. We offer workshops for students that teach menstrual management and advocacy and provide education on best practices in schools and the workplace. We support efforts to de-stigmatize periods and make menstrual products as normalized and readily available as toilet paper.

2,757,938

items donated
since 2016



“Honestly, this was godsent.”

“I am fresh out of a very abusive relationship, left with little to nothing, and this was life changing...”

“GHGP has made a profound impact on my life.”

150+

partner agencies have received donations throughout Essex/Union counties, New Jersey, and surrounding area






PERIOD POVERTY is the public health crisis we don't talk about enough. Period Poverty is the lack of adequate products, tools and education to safely manage menstruation. It is an issue in every community in the US.

Period Poverty in Schools



42%
of students say
their **HEALTH TEACHER**
appears to be **UNCOMFORTABLE**
discussing menstruation


-  Nearly a quarter of students (2021) struggled to access adequate menstrual products (up from one in four in 2019).
-  More than 4 in 5 students (84%) have either missed class time or know someone who has because they did not have access to period products.
-  Educators tell us they see evidence that students either quietly leave school when they can't manage their periods, or they don't come at all.

STATS SOURCE: 2021 STATE OF THE PERIOD


Our Workshops

Lack of basic, reproductive health education in many communities means our student workshops are often the only safe space where fundamental questions are addressed. Topics include period management, advocacy and sustainability and sessions are friendly and relaxed, open to participants from elementary to college-age.

Our workplace workshops address period poverty and best practices to support employees. They can be paired with a project or collection to benefit the local community.



"DO THIS!... I promise your girls will thank you for it!"
-School Program Director



"This was fun and not embarrassing."
- A Middle School student

200+
people engaged with us in workshops since 2016




Legislation in New Jersey

Currently there are no standards in New Jersey for providing period products to students. It is common for a child to have to ask permission to see a school nurse, be triaged, and then subject to questioning before being granted a pad or tampon. This can be embarrassing and takes away from class time. The experience, especially for students living in poverty, serves to perpetuate stigma surrounding menstruation. In the United States, a country that recognizes that all children have a basic right to an education, it is critical that essential needs are met.

Current State of Legislation:

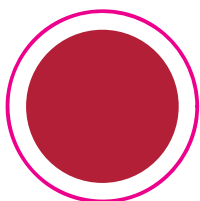
As of Fall 2022, Senate Bill [S1221](#) and Assembly Bill [A1349](#) have not passed out of committee. They would provide access to free menstrual products to all students in K-12 NJ schools, and in bathrooms in 6th-12th grades, with the Dept. of Education bearing the cost.



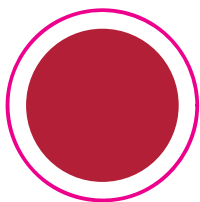
...THERE IS
MORE WORK
TO DO!

Our push for statewide change

Girls Helping Girls. Period. is a founding member of Equality Period-NJ, a statewide coalition formed to address period stigma and fight period poverty through advocacy and policy change. The coalition's work has consisted of meetings with a range of legislators and their staffs to advise on creation, funding and eventual implementation of several laws. GHGP has worked with high school students to gather testimony in support of legislation. We have also advised school staff, students and parents from NJ, and across the country, on best practices for offering free period products in school bathrooms, regardless of whether doing so is mandated by any government.



"Ultimately the bill (A1349) needs to be passed for the sake of all students getting access to the best education possible in the safest and most supportive environment possible, while also remaining comfortable and not embarrassed about a normal bodily process." -Mark, High School Student



"As a nonbinary person born as a female, people already assume that I am a female which hurts me mentally and emotionally; having my period is very stressful because of this and having to go around asking people for pads just serves to others as a flag to check me as a woman. These are problems I wouldn't experience if menstrual products were put into the bathrooms of my school - not only into the women's bathrooms, but also all bathrooms including men's and non-gendered bathrooms." -Heissell, High School student

Our Partners

Our partners donate period products, essential goods and services, and financial contributions that are vital to our work. Thanks to their generous support, we are able to make a meaningful impact in the lives of thousands of people, helping them obtain stability, health, and dignity.

A huge thank you to our partners and sponsors!



Our Vision for the Future

We are focused on the needs of individuals and families who suffer from period poverty. The next stage of our work will focus on advocacy, education, and outreach, while always ensuring that people have access to the period supplies they need in order to live a healthy life.

Advocate

We are creating a toolkit for students at all levels to advocate for period equity and social change on their campuses and in their communities

We are expanding education efforts regarding period poverty, the importance of reproductive health, and sustainable menstrual management options

Educate

Outreach

We will host workshops nationwide for students, and adults, focused on the critical need for basic menstrual management and availability of free period products in every US school



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For information on how to get involved:
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