VISION: Women and their daughters are empowered to thrive with confidence and dignity.

MISSION: Our mission is to achieve menstrual equity in Iringa, Tanzania. Sustainability will be accomplished through reproductive health education and ensuring reusable menstrual product availability by establishing local sewing ventures.

Dignity for Daughters, Iringa is initiating a pilot program to begin in January at the Pommern Secondary School in Iringa. This pilot program will provide reproductive health education and 270 girls with reusable menstrual kits, both donated and sewn locally. From this pilot program, Dignity for Daughters hopes to grow in scope to include other schools in the Diocese of Iringa and surrounding areas.

Girls of Pommern

- 60% of girls between 12-18 lack access to menstrual hygiene products (pads) during their period due to costs and availability.
- 80% stay home from school 3-5 days each month
- They remain in their homes, isolated and shunned by others, removed from their academic environment and local community opportunities.

For more information and updates on the program: https://ilulahealth.org/ or contact Juli Skillman : juliskillman@gmail.com