



Reusable sanitary pads



Bath soap



pouch for pads



Underwear



Shaving sticks



Hand sanitizer



Washing powder

## What is a Dignity Kit?

The girl project dignity kit is for meeting the very basic need of every underprivileged girl or woman so they feel confident and dignified and are able to participate in every aspect of society. It contains basic items that every girl or woman need to maintain hygiene and respect in society. It comprises; reusable sanitary pads, underwear, carrying pouch, bath soap, washing soap, shaving sticks, hand sanitizer.

## Why a Dignity Kit?

The Dignity Kit provides a complete set of basic items needed by every girl or woman of menstrual age to help maintain good hygiene. The Dignity Kit also provides a gateway for us to educate these girls and women about their reproductive health. During our outreach and distribution session, we take it as an opportunity to educate the school girls about their menstrual health and we teach them ways they can manage their periods properly.