

OUR OBJECTIVES AND APPROACH

The overarching goal of THE GIRL PROJECT is to ensure that no girl misses school because of menstruation or lack of supportive resources. The specific objectives of the project are:

1. **To reduce school absenteeism among adolescent girls caused by period poverty.**
2. **To provide menstrual hygiene products, education, and support to schoolgirls in underserved communities.**
3. **To empower girls through mentorship, life skills training, and psychosocial support.**
4. **To promote digital literacy and STEM awareness among rural girls.**
5. **To advocate for sustainable policy responses to menstrual health and education equity**

THE GIRL PROJECT uses a participatory, community-based approach that ensures sustainability and local ownership. The methodology consists of the following key components:

- **Needs Assessment & Community Mapping**
- **Menstrual Health Education Workshops**
- **Dignity Kits Distribution**
- **Mentorship & School Clubs:**
- **Digital Literacy & STEM Exposure:**
- **Monitoring and Evaluation:**

As of April 2025, **THE GIRL PROJECT** has directly reached a total of **2,611 beneficiaries** across rural communities in Ghana.

Age-Disaggregated Data (Girls and Women):

- **Ages 10–24 (Upper Primary to SHS):** 2,231 beneficiaries
- **Ages 25+ (Mothers, Teachers, and Community Health Volunteers):** 180 beneficiaries (indirect support and capacity building)

Sex-Disaggregated Data (Engagement of Boys and Men):

While the primary focus is on girls and women, THE GIRL PROJECT also actively engages boys and men in its community education and sensitization programs to foster supportive environments and break taboos.

- **Boys (Ages 10–19):** 120 beneficiaries (through school awareness campaigns)
- **Men (Teachers, Fathers, Community Leaders):** 80 beneficiaries (through stakeholder forums and father-focused sessions)

Overall Total: 2,611 beneficiaries to date

Monitoring and Evaluation Summary

Data is collected through attendance logs, pre- and post-intervention surveys, interviews with school heads and parents, and club participation records. The project uses **sex- and age-disaggregated data** to assess its impact, with key indicators including:

- Number of girls receiving reusable pads
- Changes in school attendance during menstruation
- Knowledge retention on menstrual health
- Participation rates in school clubs and digital literacy sessions
- Feedback from teachers and caregivers on behavior and academic performance

Findings from 2023 revealed a strong correlation between menstrual support and school retention, emphasizing the need for continued scale-up. These results inform program adjustments and advocacy strategies to deepen community impact.

24. Innovation: **Innovative Themes and Focus Areas**

1. **Menstrual Health as a Right to Education**

THE GIRL PROJECT reframes menstrual health not merely as a hygiene issue but as a human rights and educational equity issue. By directly linking menstrual poverty to school absenteeism and dropout rates, the project brings critical attention to a theme often excluded from mainstream educational interventions. It promotes the idea that keeping girls in school during menstruation is foundational to achieving gender parity in education.

2. **Gender-Inclusive Community Engagement**

Unlike traditional interventions that focus solely on girls, THE GIRL PROJECT actively involves boys, male teachers, and fathers in its education and advocacy efforts. This inclusive approach fosters empathy, reduces stigma, and helps shift community-wide attitudes toward menstruation. Engaging men and boys as allies is a powerful strategy in dismantling gender-based taboos and promoting sustained change.

3. **Intersection of Education, Health, and Digital Literacy**

The project integrates menstrual health education with life skills development, digital literacy, and STEM awareness—broadening the conversation from basic needs to long-term empowerment. This holistic approach prepares girls not only to stay in school but to thrive in a digital and innovation-driven world.

Innovative Methods and Delivery Channels

1. **Distribution of Dignity Kits with Education**

Instead of providing disposable pads with short-term impact, the project distributes *dignity kits* alongside interactive menstrual health education sessions. This eco-friendly, cost-effective solution ensures sustainability while reducing waste. Girls are taught how to use and care for the kits, helping to build both confidence and independence.

2. **School-Based Girls' Clubs and Peer Mentorship**

THE GIRL PROJECT has established girls' clubs in all partner schools. These clubs serve as safe spaces for girls to ask questions, share experiences, and receive mentorship from trained peer leaders. They also host workshops on topics such as self-esteem, career planning, gender equality, and leadership fostering a generation of informed and confident girls.

3. **Mobile Outreach and Village-Based Workshops**

Recognizing that not all communities have access to centralized institutions, the project uses a mobile model to bring education directly to schools and villages. These outreach visits combine practical learning, dialogue with parents, and follow-up engagement with teachers, intervening deeply embedded in the community fabric.

25. Sustainability:

Institutionalization

To promote ownership and continuity, THE GIRL PROJECT is integrated into the operations of partner schools and aligned with national education goals. Girls' Empowerment Clubs, facilitated by trained teachers, have been established in all beneficiary schools to deliver ongoing mentorship, menstrual education, and leadership development. These clubs are recognized by school management and monitored through regular feedback, making the project part of the school ecosystem rather than a temporary initiative. Additionally, menstrual health and rights education is embedded into Life Skills and Health classes, ensuring that content delivery continues beyond the project team's involvement.

2. Stakeholder Engagement

Community and stakeholder buy-in are central to the project's longevity. THE GIRL PROJECT actively engages parents, traditional leaders, teachers, and local government authorities through regular forums and sensitization campaigns. Chiefs and opinion leaders publicly endorse the project, helping to shift harmful norms around menstruation and girls' roles. Parents are included through family dialogue sessions that encourage home support for girls' education and health. Partnerships with district-level education officers and the Ghana Education Service foster alignment with policy frameworks, opening opportunities for scale and replication.

3. Capacity Development

THE GIRL PROJECT prioritizes training and empowering local actors to lead and sustain its efforts. Teachers and school health coordinators receive training in menstrual hygiene management, gender-responsive teaching, and psychosocial support. Local seamstresses are trained and equipped to produce reusable sanitary pads, promoting economic sustainability and a reliable supply of menstrual products. Moreover, older girls and program alumni are mentored to serve as peer educators and community advocates, ensuring a pipeline of leadership and knowledge transfer within their communities.

Through these multifaceted strategies, THE GIRL PROJECT builds lasting structures that go beyond short-term aid, ensuring that communities are equipped, empowered, and motivated to continue advancing girls' education and dignity long into the future.