2018 was a momentous year. Over the past twelve months, we completed The Nia Project, our two-year seminal research study that tested our menstrual and reproductive health interventions among 4,000 Kenyan girls.

While the results will not be available until mid-2019, we believe it will lay the groundwork for future action in menstrual health management and reproductive health education, with global implications for “what works” in women’s and girls’ empowerment.

Through this, we’ve deepened our focus on sexual and reproductive health and rights education for girls and their communities. We’ve created afterschool clubs to ensure that girls have safe spaces and mentors to confide in. And we’ve paired these interventions with sanitary pads to serve girls holistically.

We’ve built these solutions for global replication and scale.

While we have seen great progress in women’s and girls’ empowerment globally, vast inequalities still persist. The need for our work has never been more apparent. In Kilifi, Kenya where we implement our programs, 21% of girls between age 15 and 19 have begun child bearing and more than half of all teenage girls do not matriculate to high school.

Nationally, 60% of Kenyan girls cannot access sanitary pads and at least 10% of transactional sex is for menstrual products drawing a clear connection between a lack of menstrual products, reproductive health education and high-risk sexual activity. Most girls’ first sexual encounter is unwanted, which is why helping girls know their rights and their choices - including the choice to say no - is critical to their safety and future.

Through the support of our generous partners, we are delivering solutions to these challenges, and creating transformative impact where it’s needed most.

Through our work, we are unlocking girls’ potential, breaking cycles of poverty, and leveling the playing field so that all girls have the opportunity to thrive.

HERE IS WHAT WE ACHIEVED TOGETHER —
We served nearly

4,000

Girls

with reproductive health education through safe mentors in 70 afterschool clubs.

We distributed:

35,600

Sanitary Pads

helping thousands of girls to safely manage menstruation, attend school and feel confident in the classroom.

“When I have a challenge that I am facing I ask a mentor and they answer. It helps when they teach us. Now it’s not as easy for us girls to become pregnant when we are not ready.”

- Lucy, Age 14, Kilifi County.

We built our solutions for global scale

We’ve created the final two issues of Nia Teen, our low-cost, high-impact, comprehensive reproductive health magazines.

The cost is less than .75 USD an issue!

Our corresponding health curriculum, Nia Yetu, is delivered through mentors and further helps girls understand their bodies and rights. In partnership with World Vision we are training teachers and officials from The Kenyan Ministry of Education on our reproductive health curriculum to work in

40 schools directly impacting 1600 girls.

We’ve sparked transformative change

We’ve seen girls find their voice and access their personal agency.

When asked how our interventions have created impact, our stakeholders shared:

“The girls are more confident than before. They used to be shy and could not speak. Now they can stand and talk. They no longer look down when you are teaching them.”

- Mentor, Kilifi County

“There’s an effect. There is never any girl shying off from performing school-oriented activities, because of the pads and magazines. They take part in ball games, athletics, and any other event. They fully participate at school thanks to this program”.

- Teacher, Kilifi County

We amplified our movement

We spoke at

10 International conferences,

amplifying our thought leadership and advocacy on behalf of the girls and communities we serve.

We saw widespread coverage of our work across 8 global news outlets, highlighting our unique interventions as a critical to supporting girls’ health, education, and empowerment.
ZANAFAFRICA’S MOVEMENT IN 2019
We will deepen our work with community-based partners, schools, and women’s support groups serving thousands of more girls with health education and sanitary pads.

We will scale our interventions through strategic partnerships to ensure that even more girls have the tools they need to stand up for their bodies and their rights. We will engage male champions to share our rights-based health education with adolescent boys.

We’ll continue to raise our voices to de-stigmatize menstruation and fight for gender equality.

Our Supporters

We could not do any of this without the support of our generous partners and Board of Directors:

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Your Happy Period

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