

# Join the Movement for Menstrual Equity!

## How to Help:



### Donate:

Your generosity transforms lives. Every gift empowers girls and breaks down barriers. Donate today! [omuto.org/donate.html]

### Volunteer:

Share your time and talent! You can: Amplify our message on social media. Collect pads, soap, and other essentials. Help with website, event planning, or offer professional expertise.



### Spread the Word:

Start conversations! Talk to your friends, family, and coworkers about the importance of period equity. Share our campaign on your social media platforms.



### Partner with Us:

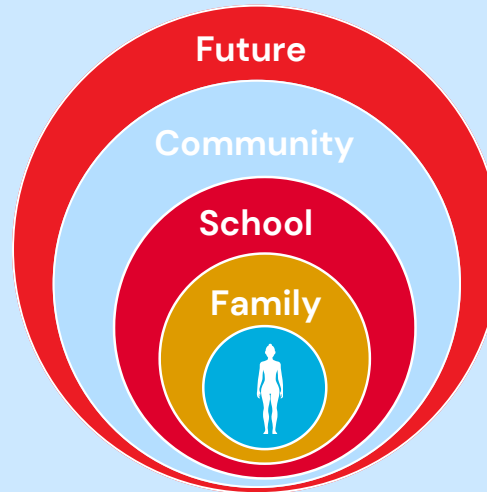
Businesses: Sponsor an event, donate products, or explore a cause-marketing campaign. NGOs & Schools: Join our workshops or partner on community outreach.



### Together We Can...

- Ensure no girl misses school because of her period.
- Empower girls with knowledge and confidence.
- Build a community where menstruation is understood and supported.

# Invest in a Girl, Change the World



Your support creates a ripple effect of positive change for generations to come. Thank you!

Join the RED Campaign:  
Donate. Volunteer. Advocate.

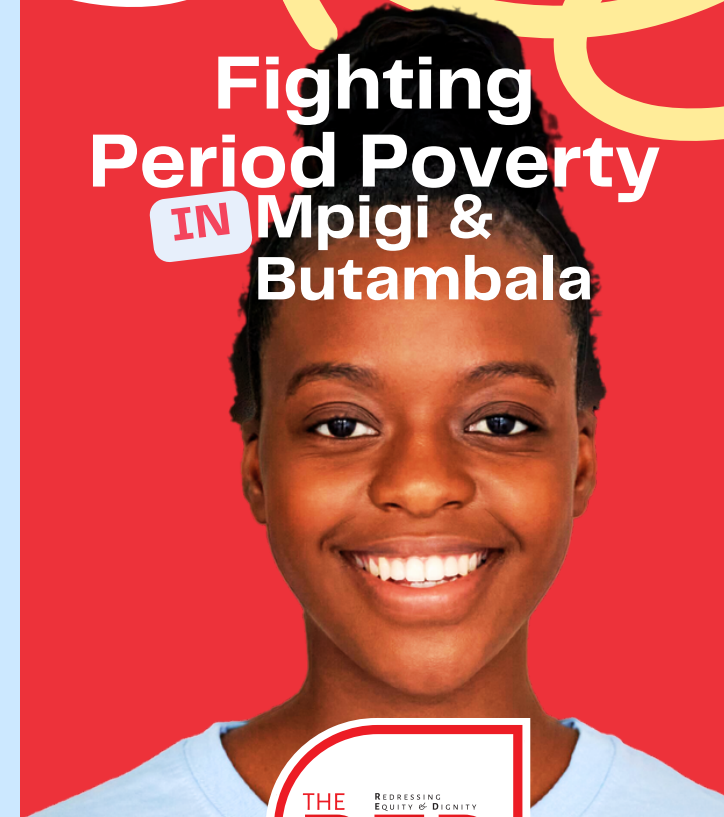


For More Information:  
+256 741 326 994  
info@omuto.org  
www.omuto.org/red.html



**omuto**  
foundation  
FOR YOUTH & SUSTAINABLE CHANGE

# Fighting Period Poverty IN Mpigi & Butambala



**Pads. Education. Empowerment.**

Our Goal is to Reach 5000 students with MHE, 1000 girls with menstrual kits and 20 schools with MHM and facilities

# The Shame, The Fear, The Missed Opportunities

Imagine the worry of makeshift solutions that don't work... the teasing from classmates... the dreams put on hold because of something your body does naturally.

- Period poverty contributes to early marriage and unplanned pregnancy.
- Girls who miss school fall behind, limiting their job prospects.
- Our entire community suffers when girls don't reach their full potential.

...Everyone, even my friends, were laughing...I dropped out because I was too afraid to go to school on those days

Mirembe\* 16, Teenage Mother, Mpigi

\*Names changed for privacy protection



## A Multi-Pronged Approach for Lasting Change

### 01 Pads & Sustainable Supply ("Omuto Essentials")

Omuto Essentials empowers women and supports the local economy by partnering with women's collectives to create high-quality reusable pads, generating jobs and ensuring a stable supply for girls in Mpigi and Butambala.

### 02 School Sanitation Upgrades

The RED Campaign understands that dignity is essential. Our upgrades go beyond building toilets. We focus on private stalls, clean water access, and sustainable solutions tailored to each school's environment. We collaborate with schools to develop maintenance plans, ensuring these improvements benefit girls for years to come.

### 03 Menstrual Health Education for ALL

Our workshops address stigma and misinformation about menstrual health by training students as peer educators. We involve boys, parents, and community leaders to create a supportive environment for all girls.

## Why RED is Different

- **We address the whole picture:** Pads, facilities, AND mindsets must change.
- **Sustainability is at our core:** Local production supports women, and our initiatives are designed for long-term impact.
- **Community-Driven:** We work in partnership with schools, tailoring solutions to their unique needs.

I used old rags and worried every day. I missed so much school, I thought I would fail my exams. It felt hopeless.

Omuto changed everything! I no longer worry. I'm part of the YACs, I enjoy taking at the assemblies. Am again chasing my dream of becoming a nurse.

Sarah\*, 14  
Student, Mpigi

## The Power of YOUR SUPPORT



With your support, countless girls like Sarah will have the chance to:

- Stay in school and unlock their academic potential.
- Gain confidence and become leaders in their communities.
- Break the cycle of poverty for themselves and their families.