

DAYS FOR GIRLS

Frequently Asked Questions

Q What is included in a Day for Girls Kit?

A The Supreme Days for Girls Kit contains 2 DfG shields, 8 DfG liners, 2 panties, 1 travel sized soap, 1 washcloth, 1 DfG menstrual chart and pictorial instruction sheet, 2 gallon-size freezer Ziploc bags, and 1 Days for Girls Drawstring Tote Bag. For more information go to daysforgirls.org and click on the drop down tab “our work.”

Q How much does a Days for Girls Kit cost?

A A DfG Kit costs, on average, \$10.00 per kit. Cost will vary slightly per country due to local access to fabric and other resources.

Q If we don't have enough members who can sew, is there anything else we can do to help?

A YES. There are four options for Altrusa Clubs to participate. (1) Fundraise and make a monetary donation to Days for Girls (2) Collect and donate items that will be included in DfG Kits (e.g. panties, soap, wash cloth, etc.) (3) Altrusa members can connect with a local DfG Chapter or Team and participate in a DfG Kit Making event (both sewing and non-sewing jobs available) (4) Start a DfG Team. For more information go to daysforgirls.org

Q What size panties are included in a DfG Kit?

A Girls sizes 10, 12, 14, 16. Girls briefs are provided and should be 100% cotton. Please use colored panties; no white panties. Please no words on the panties, as DfG is sensitive to cultural differences.

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Q How long does one pad last?

A A DfG Kit usually lasts an average of 3 years. In some instances, the pad has lasted 5 years! The DfG Kit has gone through 28 iterations, incorporating feedback from thousands of women and girls around the globe in design process.

Q What is the impact of Days for Girls?

A. Days for Girls has reached more than one million women and girls in 116+ countries with [DfG Kits](#) and [menstrual health education](#). This translates into over 115 million days of dignity, health, and opportunity!

Q How is this a literacy project?

A When girls do not have access to the supplies they need to manage their period, they are often forced to miss school days while they are menstruating. Many end up dropping out of school all together. In India, 23% percent of girls drop out of school because they lack access to toilets and sanitary pads. UNESCO estimates that 10% of girls in Sub-Saharan Africa miss up to 20 percent of the school year due to her menstrual cycle. For more information and research, please visit the Days for Girls website: <https://www.daysforgirls.org/mhmresearch>.

Q Can Altrusa Clubs submit participation in Days for Girls as our award entry for International Relations?

A Yes. It might be a source of innovative ways to participate in the project.

Q How long will Altrusa be partnering with Days for Girls?

A Altrusa has committed to partnering with DfG through June 2021.

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Q If Altrusa Clubs collect items to go into a kit (soap, washcloths, panties, ribbon, etc.), do we need to donate the same numbers of each item to fill kits, or can we focus on just a few of the items (e.g. collect soap and washcloths, but not panties and ribbon)?

A Altrusa Clubs will locate a DfG Chapter or Team closest to their club. Clubs can inquire what the needs of that particular Chapter or Team are.

Q Can the plastic bags in DfG Kit be any brand and/or size?

A Based on feedback from the field, Days for Girls has found that the Ziploc brand freezer bags work best and last the longest. Gallon size is the only size used.

Q Does my club need to report on its participation?

A Yes, you will need to submit a semi-annual report to your District DfG Liaison. The District DfG Liaison will then report to the International Service Committee.

Q I know there are restrictions regarding colors for panties. Are there similar restrictions for the fabric we use for the bags?

A Days for Girls seeks to honor the culture and wisdom of each country they serve in. Based on this feedback, there are restrictions and guidelines for the fabric patterns that cannot be included in DfG Kits– information will be provided regarding the do's and don'ts when selecting fabric, panties, etc.

Q What size of bar soap is included in a DfG Kit?

A Travel size bar of soap.

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Q Can we include a note in the bags we sew with Altrusa's logo?

A For those Clubs that choose to start their own Days for Girls Team, and sew their own complete DfG Kits, a note with Altrusa's logo can be added to the inside of the Kit. Please note that Days for Girls is strictly neutral on any issue (political, religious, etc) that would prevent a girl from receiving a Kit. We recommend that if personal notes are included, that only first names are used and that personal contact information is not provided.

Q What is the overhead? Where does the money go?

A Days for Girls is driven by an incredible group of volunteers and small staff. They value transparency and have received top ratings from Great Non Profits, Global Giving, and Guidestar. For more information, you can find their financial 990 statements on their website at daysforgirls.org.

Q How does my club get in touch with a local chapter for help?

A Email chaptersassist@daysforgirls.org for help getting connected with a local Days for Girls Chapter or Team.

Q Our club has a member/contact in one of the target countries. Can we deliver kits to villages in one of the countries using our contact person?

A Yes, however all DfG Kits are distributed by certified Ambassadors of Women's Health along with essential education. This curriculum educates women and girls about menstrual health and hygiene, self-defense, anatomy, and how to care for a DfG Kit. To take the online Ambassador of Women's Health Training Course, go to daysforgirls.org → Our Work → Education & Trainings. To order DfG Kits, go to daysforgirls.org → Get Involved → Get DfG Kits. Email distributions@daysforgirls.org with any questions.

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Q Is there a distinction between Days for Girls teams and chapters?

A Newly registered groups all start out as a Team. Teams can upgrade to a Chapter if they meet certain milestones. Chapters and Teams do the same work and are devoted to the same mission, but a Chapter is typically a larger and more experienced Team.