

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.

DAYS FOR GIRLS

Frequently Asked Questions

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% 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>.

DAYS FOR GIRLS

Frequently Asked Questions

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.

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.

DAYS FOR GIRLS

Frequently Asked Questions

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.

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.

DAYS FOR GIRLS

Frequently Asked Questions

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.

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.

Q How can Altrusa clubs designate a location where their kits will be distributed?

A If a club volunteers with their local Days for Girls Team, then that DfG Team will decide where completed Kits are going. If an Altrusa Club decides to start their own Days for Girls Team, then they would get to decide.

Q How does DfG determine where the DfG Kits are distributed?

A Some DfG Teams have special connections to a certain country, village, or

DAYS FOR GIRLS

Frequently Asked Questions

school/orphanage, and their efforts are funneled to that location. Some DfG Teams are connected with a local non-profit in their community that is requesting DfG Kits and will be distributing them in the location they work in. Days for Girls International has many requests come through for DfG Kits online, and when that happens our Distribution Manager, Ali, will reach out to the DfG Teams that are closest in proximity to the person that has ordered them, and see if any of those Teams would like to fulfill that request (ex: We just got a request for 100 DfG Kits to go to an orphanage in Honduras. Would your Team be interested in providing those Kits?) Our Distribution manager will continue working with DfG Teams until she has filled every order. Some Teams don't fill any orders through Days for Girls International because they are so busy working on their own projects with connections they have made themselves. Others exclusively fill requests that come in online.

Q How long is the PowerPoint Presentation developed by the Altrusa International Service Committee?

A The presentation could be delivered in as little as 20 minutes with the expectation that you will need to field questions outside the presentation time. If possible, 30 minutes would be ideal to allow for both videos and some questions from the audience.

Q What percentage of donations given to Day for Girls goes to administrative costs?

A For FYI 2017, 12.7% of donations went for administrative costs. Also Days

DAYS FOR GIRLS

Frequently Asked Questions

for Girls would love to be included in Charity Navigator but given how many NGOs there are in the world, it is a slow process to be included on their list. We are vetted with the highest ratings with Global Giving, Guidestar, and Great Non Profits. Here is a [link](#) to Days for Girls 990s on the web. If you type into the search button 990 they come up. Days for Girls started in 2008 but became an official 501c3 in 2012, which resulted in our first 990. Leanne's example is a perfect demonstration of the distribution of donations: "If clubs donate items for kits or make kits then 100% of what they do will end up with the girls. If they donate money then for every \$100 donated \$87.30 will end up directly with the kits and education programs."

2017 Days for Girls Annual Report <https://www.daysforgirls.org/annual-report>

Q If a club is not connected to an official Days for Girls team/chapter, where do clubs send supplies collected for the DfG Kits?

A If an Altrusa club has not connected with an official Days for Girls Team/Chapter, Altrusa Clubs in the USA can send supplies to the DfG office in Washington. The address is: 102 Ohio Street Bellingham, WA 98225 USA

If any Altrusa Clubs outside of the USA have this question, please let me know and I can track down an address in their country, if it is available. Each club is encouraged to connect with an official DfG Team/Chapter by emailing chaptersassist@daysforgirls.org

Q Is there a time limit to the Altrusa International Service Project, Days for Girls?



DAYS FOR GIRLS

Frequently Asked Questions

A No. There is no time limit on participating in the Altrusa International Service Project, Days for Girls. Clubs may participating in DfG activities throughout the program year.