

PAD A GIRL campaign

“Empowering Girls, One Pad at a Time”

Ama is 14 years old.
Bright, curious, and top of
her class.



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But every month,
for 3-5 days, she
disappears from
school.

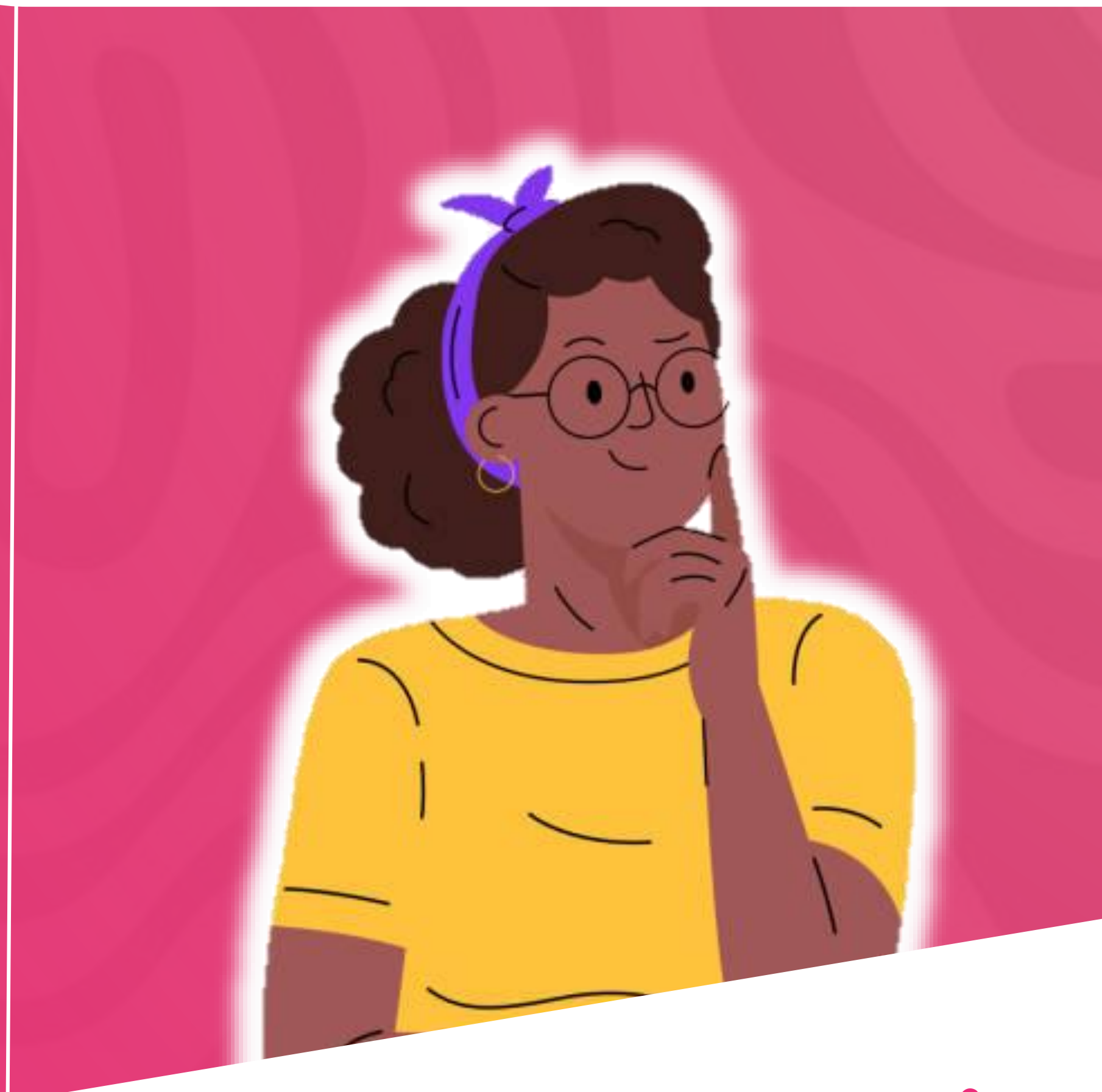


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Not because she is
lazy. Not because
she is sick



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But because she
doesn't have access
to a menstrual pad



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EMPOWER
HER



TRIPLE A GROUPE

She folds tissue paper

She uses old clothes

She stays home out
of fear of stains,
shame, and whispers



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Ama's story is not rare.
It is the reality for
millions of girls



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This Menstrual Hygiene Month
We are saying: **ENOUGH**

Every girl deserves to manage her
period with dignity

Every community deserves education
and resources

Everyone has a role to play. Together
we can build a period friendly world



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