



www.forthegoodperiod.org

2015 Annual Report





A Letter from the Executive Director

It has been just over two years since I first learned that many, many girls around the globe miss school because they lack something as simple as a sanitary pad. For the Good Period was born out of a desire to provide school age girls that basic item so that biology does not impede their education.

My decision to start an organization to address this basic need marked the beginning of a journey of intense learning for me, a leap into a space that I knew little about, and a leap into a conversation that frankly, I was uncomfortable talking about myself. My own discomfort with the subject heightened my empathy for the millions of girls that face adolescence without access to basic hygiene resources nor knowledge of their changing bodies.

Even more exciting than where we have been, is where we are going. In the two years that For the Good Period has been in existence, we have evolved as we have come to better understand the needs of the communities that we work with and continue to integrate new approaches based on research. Building on our work that focused on individual empowerment through sanitary pads and health education, we are initiating a program that includes girls, boys, women, and men in discourse around issues related to education. We also partner with teachers, head masters, Parent Teacher Associations and student advocates to help schools increase their support of girls' needs. Our goal is to help girls stay in school, period. To do this, we recognize that parents, teachers, and the entire community are an integral part of creating the change.

As donors, you have made a difference in the lives of many girls, and we thank you. We take your investment in For the Good Period seriously and vow to stretch your dollar as far as it will go to have the greatest impact in improving girls' access to education. It feels cliché to say that we could not have done this work without you, our donors, but it is true. This is truly your work, and I hope that you feel the same pride as I do in our collective achievements and path forward.

Kayce Anderson

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- Nicholas Kristof*

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OUR IMPACT



Distribution in Magutuni, Kenya, 2015

Increasing Opportunity: Tharaka-Nithi County

CHANGING GIRLS' LIVES IN KENYA

In 2015, we raised funds to manufacture and distribute reusable menstrual hygiene pad kits to 1000 Kenyan girls living in Tharaki-Nithi County. Approximately 600 of these pads were distributed to girls in the communities of Iruri, Kabaikubu, Kaare, Magutuni, and Mpangua during our September, 2015 outreach trips. The final pads were distributed by our Kenyan-based Programs Director and public health educator, Millicent Garama, to girls during health education sessions in additional communities. One of these sessions distributed pads and education to girls taking part in an alternative rite of passage to Female Genital Cutting at a safehouse during the cutting season.

Each pad distribution was accompanied by a health education session that increased the girls' understanding of menstruation, STDs, and pregnancy while offering them an open and supportive opportunity to discuss social pressures they may face in their communities. Working with the support of teachers, our health sessions also emphasized the importance of education, encouraging girls to stay in school.

CHANGE AT THE COMMUNITY LEVEL

Access to sanitary pads is one of many barriers to education for adolescent girls in Kenya. Girls also face systemic barriers created by poverty, the remoteness of their communities, and generational divides in education. In partnership with the communities we work in, For the Good Period began developing community assessment tools to guide its work in 2016 in order to identify these additional barriers to girls' educations and provide other supports girls need. We work with communities to mobilize via a shared vision for equitable access to education.



Meeting with girls in Magutuni, Kenya, 2015

*1000 Pad Kits to 1000 Girls =
1000 Lives Changed*

Changing Lives in Kaare, Kenya

EMMA

When For the Good Period distributed pads to girls in Kaare, Kenya, they also gained a quiet-spoken, forceful advocate. Seventeen-year-old Emma Kadoni listened intently not only to the reproductive health information shared that day by 4TGP Programs Director Molly Secor-Turner, she also took to heart the information Secor-Turner shared on the girls' inherent self-value and the sustainability of the pads. Emma, who is intent on continuing her own education in order to become an accountant one day, now pays these messages forward to other girls. Emma spoke to us at length about how the pads have helped her and other girls stay in school and the importance of doing so. Below are her thoughts on the pads and For the Good Period's program.

"Some girls, they missed school before because of missing pads due to lack of money. But since (4TGP Programs Director) Molly came with the pads, they are coming to school now, those that they have them. They stay in school and they will improve their academic skills because they won't have to go out and try to find a way to get the pads anymore.

"I would tell other girls to join Molly's group because she can help us even to conserve our environment," continues Emma. "You know, those other pads, the paper ones (disposable pads,) they are thrown in the toilet, and then the toilet becomes full because they don't get broken down. They go on polluting the environment.

"So I am advising my friends and other girls to join Molly's group because of the advice they told us how to live as girls. We have to take these things seriously so they can help us in our future life. It is important to finish school so that we can help the youths, the other girls, and get good jobs.

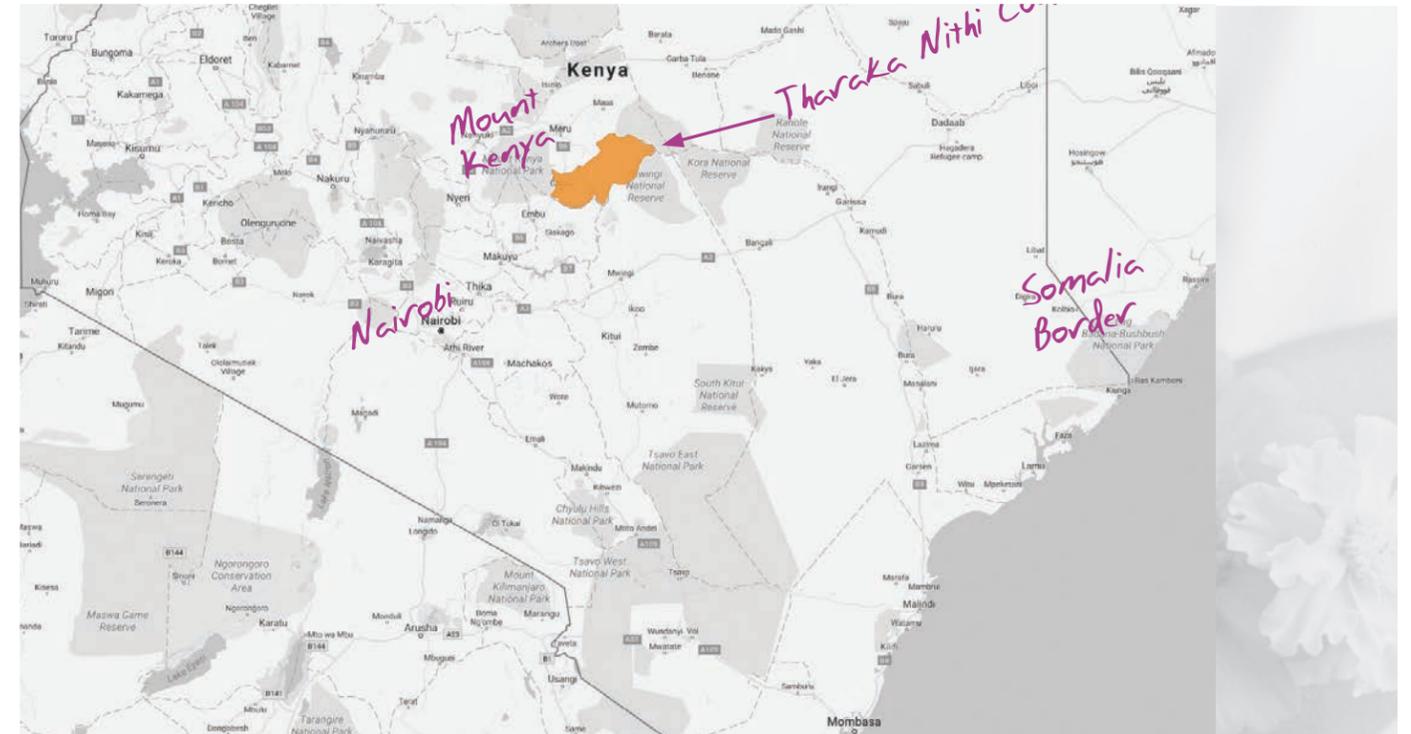
"We have to get educated. It is a big problem when you can't get a job, because you will struggle day and night looking for something to eat. But if you are educated, you can have a job; you are earning a salary. And when you are earning a salary you don't struggle so much anymore."



Emma, Kaare, 2015

"If you are educated you can have a job....you don't struggle so much anymore."

-Emma, age 17



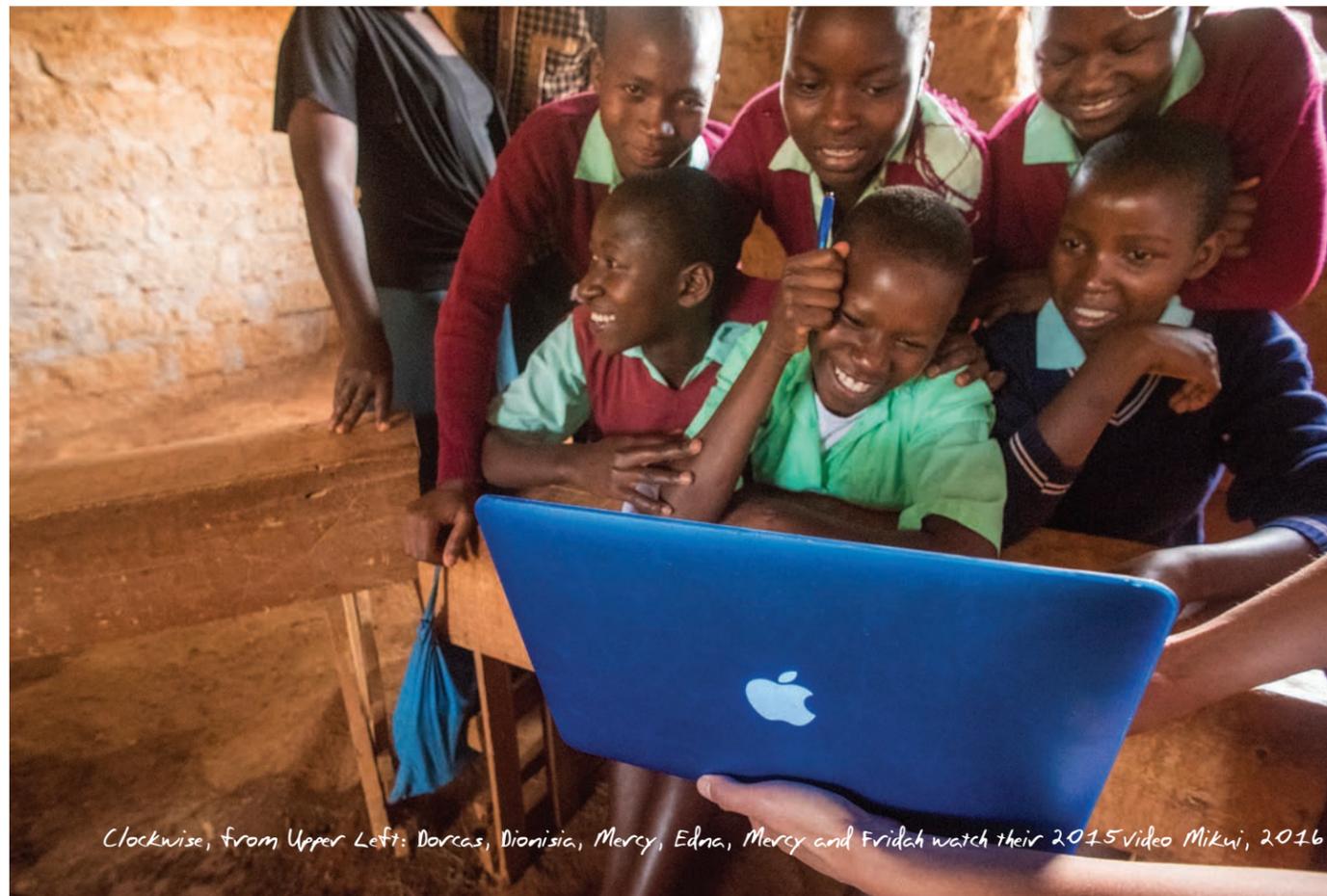
Girls in Kaare during a follow up session, 2016

Changing Lives in Mikui, Kenya

ANCETTA, BETTY, DIONISIA, DORCAS C, DORCAS K, EDNA, FRIDAH, MARTHA, MERCY, MILLICENT

When 4TGP staff met with girls at Mikui Primary School to learn if pads from an earlier distribution were helping them stay in school, we also gained insight into some of the additional challenges they face. While these barriers — lack of money for school fees, pressure from older boys or men for sex — can be significant in all of the communities in which we work, we were encouraged by feedback from the girls and their teacher, Mrs. Gitonga, that our pads are helping them stay in school during their menses, alleviating one of the former barriers to their ability to attend classes through the primary school level.

The girls at Mikui also shared their hopes and dreams for their futures with us in interviews. Similar to girls around the world, the professions they dream of include the practical ones they see in their daily lives, such as teachers and nurses. They also dream big: Mercy hopes to become a lawyer; Dorcas, a pilot; Millicent, a broadcast journalist. The perseverance and hope with which they pursue their studies amid the deep challenges of their daily lives inspires us daily and deepens our commitment to continue our work.



Clockwise, from Upper Left: Dorcas, Dionisia, Mercy, Edna, Mercy and Fridah watch their 2015 video Mikui, 2016



Dorcas, Mikui, Kenya, 2015



Dionisia, Mikui, Kenya, 2015



Mercy, Mikui, Kenya, 2015

FUNDRAISING & EVENTS

KULA GIVES BACK ▶

For the Good Period partnered with Carbondale, Colorado's Kula Yoga Studio in April, 2015, to kick off the studio's first-ever "Kula Gives Back" event. Thirty yogis packed the studio to learn about the issues affecting girls in Kenya and the developing world before taking part in a Friday night Full Moon Flow Yoga class. The event raised nearly \$400 for 4TGP, helping support the production of pads for our September, 2015 distribution and education trip.

Kula Gives Back

Kula. We named our yoga studio with the Sanskrit word for community because we believe yoga brings people together by opening up their hearts to the good within themselves and others.

We want to expand our sense of community to reach beyond Carbondale. Starting this April, all profits from our Full Moon Flow Yoga classes will go to support a designated non-profit organization doing some greater good in the world. We hope you'll join us.

Our first event, Poses for Pads, takes place in April to support For the Good Period, a Roaring Fork Valley-based organization working to expand access to education to girls in Africa. Reserve your space to flow with us on Friday and learn more about the good work they do!



◀ RIVERBLEND COFFEE

Glenwood Spring's Riverblend Coffee house raised funds and awareness for 4TGP and Girls on the Run at its first annual "Thanks (for) Giving" holiday event. All funds in the Tip Jar were split between 4TGP and Girls on the Run, another great organization that works to empower young girls. Thanks to all who gave!

THANKS (for) GIVING
at *River Blend*

Girls on the Run

for the good

Friday, November 27, 2015
at RiverBlend

402 7th Street, Glenwood Springs at the Hotel Denver

Swing on by RiverBlend on Friday to join in our support of girls' educations locally and across the globe. We'll be serving up free samples and amazing hot drinks, thanks to our sweet sponsors **Bonfire Coffee** and **Louis Swiss Pastry**. All funds collected in our Tip Jar that day will be donated to two local non-profits we love, **Girls on the Run** and **For the Good Period**.

FREE PASTRY & COFFEE SAMPLES!
Open all day! 6 AM- 7 PM

Bonfire COFFEE HOUSE

PINTS & PADS ▶

Craft beer aficionados and seamstresses in Fargo, North Dakota joined forces for the second annual "Pints & Pads" event in February, which raised funds for 4TGP and North Dakota State University nursing students' medical outreach work in Kenya. Over 100 people attended, raising \$1700 from cash donations, t-shirt sales, and beer proceeds! Thanks to the community of Fargo, and to the Fargo Brewing Company for helping us raise awareness and funds for girls' access to education.

Asante sama!!!



SUPPORTERS/FRIENDS

We couldn't do our work without the generosity of our supporters. Below are the names of individuals, businesses and foundations that funded our work in 2015. Thank you from the bottom of our hearts.

\$2500-\$5000

Lisa & Kenny Troutt

\$1000-\$2499

Anonymous
 Anonymous
 Jack & Kathleen Eck
 Linda McMahon
 Joelle Rodgers

\$500 - \$999

Minette Doss
 Isaac & Bethany Gregory
 Doug & Sue Herthel
 Stephanie Porter & Angela Montgomery
 Bill & Mary Schlossman

\$100 - \$499

Kathryn & Keith Anderson
 Laurie Blackwell
 Mark Butterworth
 Chapter Y, PEO Sisterhood
 Kara Falk
 Fargo Brewing Company
 Gregory Hall
 Katy Hart
 Barbara Johns
 Pamela Best Johnson
 Leslie and Mike Kasmir
 Kula Yoga on Main
 Larkin Lapides

Barbara Mathers- Schmidt
 Emily May Secor
 Jean McMerty
 Margaret & John Megee
 Michael Merrill
 Kathleen Meyers
 Dan Mosher
 Lacey Murphy
 Angie & Gayle Nelson
 Susan Nelson
 Alex Norton
 Margaret Novak
 Janel O' Malley
 RiverBlend Coffee
 Kathrine Schnabel
 Paula Stepp
 Kristi Stevens
 Karrie Thomas
 Dawn Wells
 Dara Whitmore

\$1 - \$99

Mykell Barnacle
 Jennifer Blume
 Jean Colon
 Mallory Danford
 Paula Davies
 Carolyn Downs
 Claire Gillaspey
 Linda Kelly
 Pamela Kluck
 Jane Lackerman

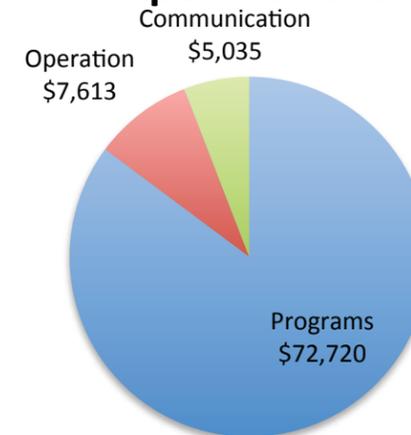
Diane Lock
 Vicki Meyer
 Nancy Mitchell
 Jennifer Morrison
 Rebecca Moe Treas
 Lissa Myers
 Jill Nelson
 Chelsea Pace
 Vicki Powell
 Britta Reyier
 Meagan Richardson
 Robyn Schulke
 Renee Shepherd
 Kent Simpson
 Kim Slaughter
 Jennifer Stein
 Suzanne Stephens
 Shannon Thompson
 Mary Tidwell
 Sue Tower
 Connie Tucker
 Ann Weflen
 Richland Welca
 Fatme Younes

IN KIND

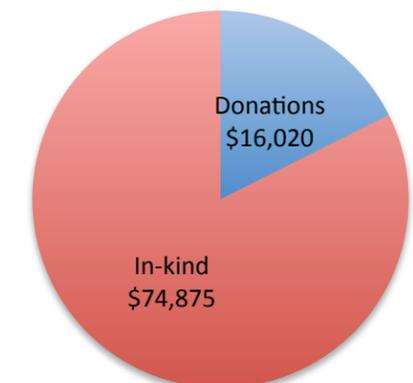
Casner Family Foundation
 Draper White Photography
 Kate Lapides Photography
 Liz Litwiller/Squeeze Designs
 Thirsties Baby

FINANCIALS

Expenses 2015



Revenue 2015



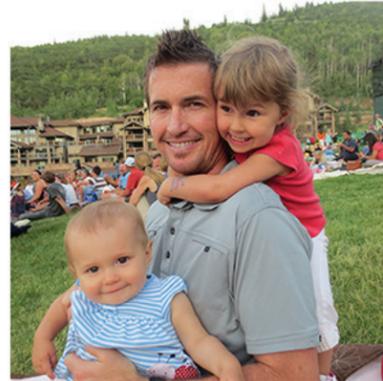
BOARD OF DIRECTORS

Though our organization is young, we have a depth of experience normally only afforded through years of growth and large budgets. Meet our 2015 Board of Directors and staff on these pages.

2015

SADLER MERRILL CEO/CO-FOUNDER, SNÖBAHN, COLORADO

Sadler Merrill is a Colorado entrepreneur who is the CEO of Snöbahn and the co-owner of Thirsties. Sadler's extensive and thoughtful business planning, strategy and development acumen helped guide 4TGP in its formative first year and design our sustainable pads.



MOLLY SECOR-TURNER, PhD, MS, RN ASSOCIATE PROFESSOR, NDSU

Dr. Molly Secor-Turner holds a joint appointment in the Department of Nursing and the Master of Public Health program at North Dakota State University. Her research on adolescent health and well-being from a human rights perspective in youth from rural North Dakota to rural Kenya to high-risk youth in Fargo brings critical insight to For the Good Period's approaches and reproductive health curriculum.



SHARON SECOR KENYA RELATIONS & TRAVEL COORDINATOR

Sharon Secor has traveled in Kenya supporting schools, dental clinics and hospitals for over twenty years. Her extensive experience working on community development projects in Kenya and her connections to health professionals and government administrators is critical to the success of our Kenyan programs.



STAFF

2015

KAYCE ANDERSON, PhD EXECUTIVE DIRECTOR

Dr. Kayce Anderson has a PhD from the University of California, Davis. She applies her training as an ecologist to our work, combining evidence based methods and community input to improve education outcomes for girls. Her deep passion and vision for gender equity in education inspired Kayce to found For the Good Period.



MILLICENT GARAMA PROGRAMS DIRECTOR, KENYA

Millicent Garama brings extensive community health and development experience to 4TGP. A nurse with a masters degree in International Health from Queen Margaret University in Edinburgh, Millicent worked as a Kenyan Health Coordinator for Plan International for many years prior to her work with 4TGP. She also created the Faraja Family Resource Center to support vulnerable Chogoria families.



KATE LAPIDES COMMUNICATIONS/OUTREACH DIRECTOR

Kate Lapides holds a bachelor's degree in art and sociology, pursued advanced studies in documentary photography at the Salt Institute in Maine and has spent two decades photographing for humanitarian organizations around the world. Kate brings a deep passion for telling stories of people pursuing good in the world and a background in video production, print design, marketing, and social media strategy to 4TGP.



JOIN US



We'd love to have you join our efforts.

For the Good Period's work is opening up opportunities for thousands of girls in Kenya. If you're compelled by the work we're doing to create gender equity in education by providing sanitary pads, reproductive health education and human rights-based community development to girls in need, please consider making a gift. Donations are tax-deductible to the extent allowed by law. All gifts, regardless of size, are deeply appreciated, and have the power to change a girl's life for the better. You can charge a donation through our website at

www.forthegoodperiod.org

Or mail to us at:

For the Good Period
1028 Palmer Ave.
Glenwood Springs, CO. 81601

Asante Sana! (Thank You)



Vivian, Kajjambuu, Kenya, 2016