

I Am A Girl

empowering women and building healthier communities



Reusable Pads

Workshops to support female reproductive care



Gender Based Violence

Combat gender based violence with empowerment sessions



Community Lending

Support financial freedom for women

I Am a Girl Stands for Women in Mbale

We envision a world where women are free to learn, work, and be empowered contributing members of their communities.

In the past few months we have encountered countless community members who shared incredibly challenging and brave stories. We've met 15 year old mothers, and women burdened with PTSD from domestic abuse. We are heartbroken but also inspired, we stand with the women of Mbale and we will continue to support them and advocate for basic needs.

88%

OF WOMEN

Wanted to buy disposable pads but were unable to.

66%

SUFFERED

Physical violence from their partner in the last 6 months.

70%

WENT WITHOUT

Enough food in the last year, because they could not afford it.

A Letter from Our Founder

In 2019, I was running a small farm in the outskirts of Mbarara, in Western Uganda. I was fortunate to have a natural well on the land. The surrounding community was vulnerable, so I opened up the well for anyone to fetch water freely. One weekday afternoon I was checking on the animals on the farm and I found a young girl fetching water from the well.

I immediately sensed discomfort, unhappiness, and sadness on her face. I decided to greet her and in conversation I asked why she was not at school. She responded with teary eyes, explaining that she was not able to attend school because she was on her period and her mother could not afford pads. Her father was also pestering the mom to let her get married since she was supposedly old enough.

I asked her to take me to her home. I spoke to her mother who explained that she did not have any income and the husband was responsible for finances at home. She showed me one cow in the compound that they just received in the recent marriage of their older daughter, who was 15 at the time.



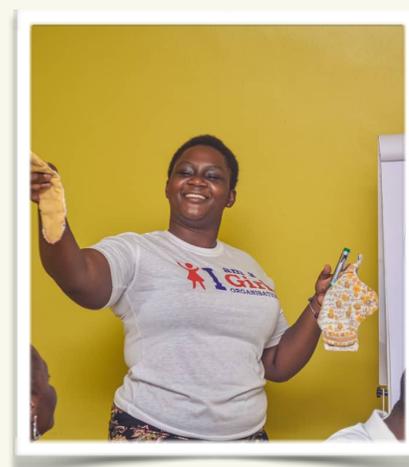
The mother, like the daughter, was heartbroken. I was heartbroken. I immediately set my mind to providing pads and menstrual care to girls, so they can stay in school and avoid being married off so young. I knew there were many more girls in need.

While our journey started in Mbarara, we have expanded our efforts to reach girls and women in Mbale, in Eastern Uganda. We continue to provide menstrual health support, advocacy for young women and girls, and economic opportunity. We hope you will join us in this fight for women's rights.

Sincerely,
Desire KG Tumuramyé
Executive Director, I Am A Girl

WHERE WE ARE GOING

We have big plans for 2021 and with your help, we can achieve them. This year, we plan to reach 500 girls through empowerment sessions. Each reusable menstrual care package costs approximately \$20. With a nominal donation, we can provide young girls with materials and the opportunity for critical education. To achieve our second tactic, we are conducting 10 community leaders meetings to educate on gender based violence and the role that men play. For our third tactic, we plan to facilitate the development of 3 pilot community lending women's groups. We've already started one!



Donate today and help us meet our goals.