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Contact:

Brenda Birrell
Program Director, Girls' Equality Project
One Dollar For Life
650-533-7669
brendab@odfl.org

Robert Freeman
Executive Director
One Dollar For Life
650-575-3434
robertf@odfl.org

Period. End of Sentence. Addressed by One Dollar For Life

One Dollar For Life (ODFL) offers its congratulations to *Period. End of Sentence.* for its win at the Oscars. The short documentary reveals the stigma women in India face because of menstruation.

One Dollar For Life (ODFL) helps girls in the developing world deal with menstruation so they can stay in school. When girls start their period, they frequently miss a week of school a month. Before long, they are so far behind, they drop out.

The California nonprofit provides girls with washable sanitary pads. The kits, part of ODFL's Girls Equality Project, last for three years, often long enough for girls to finish school. The kits cost \$5 but are provided free of charge to the girls, along with self-defense training and menstrual health education.

UNICEF estimates that as many as 50,000,000 girls drop out of school every year because they have no way to deal with their period.

According to Brenda Birrell, Program Director at ODFL, "This is one of the greatest preventable tragedies in the world."

Birrell notes that when a girl drops out of school, she immediately becomes a second-class citizen, because she will ever after have less education than will the boys of her society.

Worse, according to Birrell, such girls face frequent sexual predation. “They can work in the fields, become a domestic servant, be married off, or be sold into the sex trade. In all cases, their options are grim, or worse.”

When girls receive more education, data show that they make better choices in all areas of their life. They delay having children. They earn a higher lifetime income. They have less unprotected sex. They are more engaged in local civic affairs.

According to Birrell, “At \$5 per kit, this might be the highest humanitarian ‘return-on-investment’ in the world.”

One Dollar For Life was founded to address developing world poverty by building small-scale infrastructure projects in some of the poorest countries in the world. Those include classrooms, medical clinics, computer labs, latrines, and similar such projects.

The group raises its funds from many small donations, sometimes as little as one dollar, hence its name. ODFL has completed 109 projects in 13 of the poorest countries in the world. They dramatically improve the capacity for self-development in recipient communities.

ODFL has funded micro-enterprises in Kenya and Nepal, which sew the Girls’ Equality Project kits. The centers employ local seamstresses in the work. The kits are then distributed to girls in Kenya, Nepal, Zambia, and South Africa. Thousands of kits have been distributed.

ODFL has raised money from private foundations to cover its operating expenses such as phones, website, literature, etc. It is entirely volunteer-run. As a result 100% of every dollar donated by an individual goes to the donor’s designated project.

Those wishing to make a donation to fund Girls’ Equality Project kits can go to ODFL’s website at odfl.org or text ODFLGEP to 71777.

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Editors: The following resources are available to add depth to this story.

GEP [Project Details](#)

GEP [Project Impact](#)

GEP [Project Success Story](#)

GEP [Personal Testimonial](#)

GEP [Sewing Center Project Overview](#)

Photos Attached:

Girls receiving GEP kits in South Africa

Girls receiving GEP kits in Kenya

Girls receiving GEP kits in Zambia

Girls receiving GEP kits in Nepal

Sewing GEP kits in Kenya

Sewing GEP kits in Nepal

ODFL Media Backgrounder