



For Immediate Release:

September 12, 2019

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ODFL to Distribute 1,000 Menstrual Kits to Girls in Kenya Response to “Period Shaming” Suicide by 14-Year Old Kenyan Girl

Livermore, CA—U.S. nonprofit [One Dollar For Life](#) (ODFL) announced today that it will distribute an additional 1,000 of its *Girls' Equality Project* (GEP) menstrual kits to adolescent girls in Kenya.

The announcement comes on the heels of [a BBC story](#) that a 14 year old Kenyan girl killed herself after being “period shamed” by a teacher at school. She had blood from her menstrual period on her school uniform.

ODFL's *Girls Equality Project* provides washable, reusable sanitary supplies to teenage girls in developing world countries. The kits cost \$5, but are provided at no cost to the girls. The kits help the girls deal with their menstrual flows so they can attend school every week of the month. They last for three years, often long enough for girls to finish, school.

According to Brenda Birrell, ODFL's Program Manager for the *Girls' Equality Project*, ODFL has already distributed thousands of GEP in Kenya, and still more in other developing world countries, including South Africa, Zambia, and Nepal.

“To help a girl stay in school for three years, at a cost of \$5, may be one of the greatest investments in human potential on the planet,” said Birrell.

The United Nations estimates that more than 20,000,000 girls drop out of school every year because they cannot deal with their menstrual flows. While not as media-genic as the suicide of the girl in Kenya, the effects are vastly greater, and incalculably damaging.

“If a girl drops out of school at 13, her options are grim,” said Birrell. “She can work in the fields, she can become a child bride, or she can be sold into the sex trade. In all cases, she faces relentless sexual predation that scars her for life.”

In Kenya and Nepal, ODFL partners with local organizations to manufacture the *Girls’ Equality Project* kits, helping to keep the cost at \$5. These GEP Sewing Centers provide dignified, remunerative work to local seamstresses. Before making the kits itself, ODFL had to buy them from a third party for \$16 apiece. It can now distribute more than three times the number of kits.

ODFL’s Kenyan partner, Kiini Sustainable Initiative (KISI), has worked with ODFL for nine years. It has built classrooms, latrines, water catchment systems, and other projects to help Kenyan people. KISI operates the GEP Sewing Center in Nyeri, where GEP kits are made.

KISI Executive Director, Philip Kabiru, has overseen the distribution of thousands of GEP kits to adolescent school girls in Kenya. “This is the worst tragedy imaginable,” said Kabiru. “A girl should not have to die because she has no way to deal with a natural process.”

“We can’t bring this girl back to life,” he said. “But I hope by helping a thousand other girls, we can make sure her death was not in vain.”

The campaign to provide 1,000 GEP kits to Kenyan girls is being helped by the Los Altos Rotary service club, in Los Altos, CA. The Club is one of the most celebrated civic service clubs in the state of California. It has donated hundreds of thousands of dollars for service projects on all major continents. It has worked with One Dollar For Life since 2008.

“Rotary exists to serve our fellow human beings,” said Bonnie Burdett Walker, President of the Club. “This is a tragedy that might have been prevented. If we can help prevent another such death, we are more than ready to do so.”

One Dollar For Life was started in 2007 by a high school teacher in California. He wanted to show his students the power they had to bring goodness into the world. The cost? One dollar, hence the organization’s name.

Since its founding, in 2007, ODFL has since built 121 small-scale infrastructure projects in sixteen developing world countries. [These include](#) classrooms, medical clinics, science labs, computer labs, water wells, and other projects that improve life chances for some of the poorest people in the world. Over their expected lives, these projects will help more than 300,000 of the poorest people in the world.

The nonprofit 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.

Attachments:

- ODFL Corporate Backgrounder
- GEP Project Success Story
- GEP Think Piece