

# >>> newsletter <<< SAFEGIRL'S CAMPAIGN IN LUUKA DISTRICT

Improving Menstrual Health Awareness & Hygiene



## top news of the month

### Breaking the Silence



### Empowering Girls Through Menstrual Health Education

On April 10, 2025, the **Gejja Women's Foundation's SafeGirl team** embarked on a powerful menstrual health awareness and hygiene education campaign in Luuka District, Eastern Uganda. Over the course of the campaign, **350+ girls aged 11 to 16 from five different schools (Buyunze primary school, Bugonyoka primary school, Nakabugu primary school, Busula primary school and Kitwekyambogo primary school)** were engaged, addressing a critical issue that has long impacted the region - **period stigma, menstrual hygiene, and the resulting school dropout rates among girls.**

### Luuka's Menstrual Health Context

Luuka District has been grappling with **high rates of teenage pregnancies and school dropouts linked to period poverty**. Many girls miss school during their periods due to a lack of access of menstrual products, shame, or misinformation. This campaign was about more than awareness - it was about **empowerment, education, and dignity.**



### Why Luuka?



# TRAINING WITH HEART: 13 TRAINERS, 1 MISSION

A team of **13 dedicated trainers** from SafeGirl and the Gejja Women's Foundation led interactive sessions, guiding your girls through essential topics including:

- **Understanding the menstrual cycle**
- **Myths vs. facts about periods**
- **Proper menstrual hygiene practices**
- **Building body confidence and self-esteem**

These sessions were not just lectures – **they were safe spaces for sharing, learning, and unlearning.**

## SKILLS FOR LIFE

### >>> Reusable Pad Workshop

The team additionally conducted a hands-on **reusable pad-making workshop**, teaching the girls how to create and care for their own reusable pads. At the end of the session, each participant received a **SafeGirl kit** containing two reusable pads, a knicker, and a bar of soap **with a clothing item**, providing practical tools and peace of mind. The campaign was not just about hygiene; it was about **sustainability, empowerment, and independence.**



## Powerful Moments

There were many powerful moments - girls sharing their fears for the first time, asking bold questions, laughing freely, and standing a little taller by the end of the day. These reflections reminded us of **the power of education, compassion, and community.**



## Lessons Learned

This campaign offered more than just an opportunity to teach - it taught us, too. About **resilience**, about the **power of knowledge**, and about **the importance of meeting girls where they are**. The SafeGirl team left Luuka with full hearts and a deeper commitment to continue this work across more districts in the coming months.

**THE  
ROAD  
AHEAD**

## Special Thanks

The Gejja Women's Foundation and the SafeGirl team would like to extend a warm thank you to our generous supporters and partners, the Bingo foundation and Friends of Luuka Foundation. We would also like to thank all the trainers who showed incredible commitment, our photographer Emma for capturing the beautiful photos, and to Akram and Steven for their contributions to making the day a success. Finally, to the brilliant, brave girls of Luuka - **thank you. This is just the beginning,**