



Confidence in Every Kit for Kid in Gomoa Tarkwa: Free Menstrual Health Kits Distributed by JF ITHAND Firm Care Foundation

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Location: Gomoa Tarkwa, Central Region – Ghana

Menstrual health remains one of the most overlooked challenges affecting girls' education and well-being in Ghana. In many rural communities, the lack of access to affordable sanitary products forces girls to miss school, stay isolated, and suffer health risks in silence.

In response, **JF ITHAND Firm Care Foundation** carried out a life-changing **menstrual health outreach program** at **Appiahkrom Dabiso D/A Basic School in Gomoa Tarkwa**, providing free menstrual hygiene kits and empowering education to the young girls in the community.

The Challenge of Period Poverty

Recent data highlights the urgent need for action:

- **95% of girls in rural Ghana** miss school during menstruation due to lack of sanitary pads.
- **44–45% of schoolgirls** in northern Ghana use rags and other unhygienic materials as alternatives.
- The cost of menstrual products can consume up to **10% of a woman's monthly income**, leaving many girls without options.
- Cultural stigmas and misinformation about menstruation often leave girls feeling ashamed and unsupported.

Our Intervention at Appiahkrom Dabiso D/A Basic School

As part of our ongoing menstrual health initiative, we reached out to the girls of **Appiahkrom Dabiso D/A Basic School** with a comprehensive package that included:

- **Free menstrual hygiene kits**—comprising sanitary pads, sanitizers, etc and educational materials.



- **Menstrual health education sessions**, where girls learned about menstrual cycles, hygiene practices, and how to manage menstruation with confidence and dignity.



Community awareness, involving teachers and caregivers to foster a supportive and informed environment around menstruation.

This outreach has not only equipped girls to manage their periods safely but also empowered them to continue their education without shame or interruption.

Driving Change, One School at a Time

Our vision is clear: **a Ghana where every girl has access to safe, affordable, and stigma-free menstrual care**. With continued support, JF ITHAND Firm Care Foundation will expand these programs across more schools and regions.

Get Involved

We are calling on **partners, donors, volunteers, and advocates** to join us in fighting period poverty. Your support—big or small—can make a meaningful difference in the life of a girl who just wants the chance to go to school and chase her dreams.

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