



Breaking the Cycle: JF ITHAND Firm Care Foundation Delivers Free Menstrual Kits to Girls in Elmina

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Location: Elmina, Central Region – Ghana

Period poverty remains a silent crisis affecting millions of school-aged girls in Ghana, particularly in rural and underserved communities. With limited access to affordable menstrual hygiene products and persistent cultural taboos, many girls are forced to miss school during their periods, compromising their education, health, and self-esteem.

In line with our commitment to education and female empowerment, **JF ITHAND Firm Care Foundation** proudly launched a **free menstrual health outreach** at **Nkontrodo Zion Basic School in Elmina**, where we distributed essential menstrual hygiene kits to schoolgirls and conducted menstrual health education.

Why This Matters

The statistics speak volumes:

- Nearly **95% of rural schoolgirls** in Ghana miss classes during menstruation due to lack of sanitary products.
- In parts of northern Ghana, **44–45% of girls** resort to using rags and other unsafe materials.
- The high cost of disposable sanitary pads consumes up to **10% of monthly income** for some women and girls—making them unaffordable for many.
- Inadequate knowledge and **social stigmas** surrounding menstruation continue to create shame and silence around a natural biological process.

Our Impact at Nkontrodo Zion Basic School

On our recent visit to **Nkontrodo Zion Basic School**, we provided:

- **Free menstrual hygiene kits** containing sanitary pads, hand sanitizers etc, and educational leaflets.



- **Interactive menstrual health workshops**, where girls learned about hygiene, self-care, and how to confidently manage their periods.



Community sensitization, involving teachers and guardians to promote open, stigma-free conversations about menstrual health.

This initiative not only empowered the girls to stay in school and manage their health but also encouraged the wider community to view menstruation through a lens of dignity and support.

A Step Toward Ending Period Poverty

Our menstrual health outreach is part of a broader mission to ensure that no girl in Ghana is held back simply because of her period. By giving girls the tools and knowledge they need, we are building a foundation for **equal opportunity, self-worth, and academic success**.

Join the Movement

We extend an open call to stakeholders, donors, volunteers, and community leaders to join us in fighting period poverty. Every donation and partnership bring us closer to a Ghana where all girls can thrive—no matter the time of the month.

Together, we can create a future where **periods are never a barrier** to progress.

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