



meaningful christmas gift ideas

A closer look at your gift...

Lift up young women



Tanzania and Uganda

When some girls have their first menstrual cycle, they are terrified they are dying. Lacking basic health education, too many drop out of school and needlessly feel shame.

Your gift can **encourage young women in practical ways** to cherish their bodies and to have the supplies they need to feel confident every day.

The girls receive items like washable pads, underwear, and a book about puberty to share with others.

The gift of a girl's dignity program

Happy Christmas



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