

LEMALA SANITARY PAD PROJECT



Our Lemala Sanitary Pad Project is a project that we hold close to our hearts. We have made it our mission to help young Maasai girls tackle menstrual and sexual health issues in the rural and remote areas of Ngorongoro.

Growing up in the Maasai community these topics are seen as taboo, and are not spoken about within their households. When menstrual periods couldn't be a more confusing and traumatic experience already, these girls have no access to sanitary products. This then leads to major health risks.

With help from our Maasai Lemala staff, we have been able to gauge the bigger picture on this issue. Each month young girls go into hiding for the duration of their menstrual period, which also prevent them from attending school - missing approximately 60 days a year. Our male Maasai staff learnt this didn't just affect their sisters or fellow students, but every girl across the globe. At Lemala we are strong advocates for women empowerment and education, so we decided to address this head on. We want to provide a sustainable solution to the fear, misunderstanding, and hardship these girls are going through - and stop them from feeling that they have to hide away in shame.

We have successfully completed our first visit to Nainokanoka Secondary School, donating over 600 sanitary pads along with vital menstrual health education.

We want to give these girls the right they should have from the very beginning. If it wasn't for our staff raising our awareness to this issue these girls would continue to stay in hiding for a few days each month. For those who would like to join us on this journey, you can purchase a pack of 10 reusable sanitary pads for USD\$10.