



**EMPOWER  
PERIOD**  
transforming period  
fear into freedom.

## Information about Empower Period Project

### Background

Irise is an award winning, global leader in menstrual health programming, research, advocacy and policy development. Irise's vision is a world where everyone can realise their potential, unlimited by their periods. We support young people and their communities in the UK and East Africa to overcome period related barriers through delivering practical programmes, undertaking innovative research and advocating for policy and practice change. We believe that when we are led by young women and informed by robust evidence, long lasting social change can be achieved.

Since the Irise group began we have directly empowered over 100,000 girls and supported over 100 organisations to use our resources and approach to end period poverty and shame in their own communities. We have used our learning to inform and lead menstrual health policy development in the UK and East Africa, including convening on the UK government's Period Poverty Taskforce. We were thrilled to receive the Power Together Award from the Global Women Political Leaders' Forum in 2019, which recognised exceptional organisations building a global movement to end period poverty and shame.

### The Empower Period Project

The Empower Period Project seeks to support young people to design and lead their own advocacy projects to end period shame within their communities. The aim is to build a movement of young people who can end period shame at the local and national level and help realise period equality for everyone.

Empowering young people to lead social change is at the heart of the project's approach. We are particularly interested in amplifying the voices of marginalised or vulnerable groups to ensure the movement to end period poverty and shame is representative of the experience of all women, girls and people with periods.

The project started in January 2020 and ends in January 2022. It is funded by the Act for Change fund; a joint initiative between Paul Hamlyn Foundation and Esmee Fairbairn Foundation, in partnership with the National Lottery Community Fund.

### Getting involved

#### *Who we're working with*

We're working with groups of young people from our own network and developing partnerships with other organisations working with young people who are passionate about ending period poverty and shame.





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### *How it works*

We want to be as flexible and responsive to the needs and priorities of young people and our partners as possible. If your young people need more bespoke support than what is outlined in this document please get in touch for a chat.

We're currently recruiting a cohort of young people to work with us from August 2020 for a minimum of 6 months and up to December 2021.

Young people will be able to access the following support:

**Agents of Change Training-** young people can access 6 training modules designed to take them through a process of understanding the issue of period poverty and shame in their own community and developing and delivering their own advocacy project. Training also develops our core competencies which we believe are the building blocks of becoming an effective agent of social change including Storytelling, Leadership and Resilience building. Training modules are pre-recorded and can be completed at young people's convenience. Tailored in-person training can be delivered to groups of young people working together on an advocacy project as part of a partnership with another organisation.

**Drop in's-** Our regular drop in's enable young people to connect with our team whenever they need extra support.

**Mentorship-** young people can access our pool of mentors who can provide expert support tailored to the individual young person's needs.

**Workshops-** our workshops bring together all the young people involved in the program to share learning and inspiration. Workshops will also provide additional training in response to the emerging needs of the community.

**Podcasts and newsletters-** Our Empower Period podcasts explore different aspects of period poverty and shame and how the issue interacts with other inequalities. They feature and highlight aspects of the work of the Empower Period network. Our Irregular Periodical will keep everyone up to date on everything period and create opportunities to showcase the work and experiences of the network.

As young people progress in the project there will opportunities to take on additional leadership responsibilities, including joining our Advocacy Committee to oversee the whole Empower Period network and working with them to develop a national level campaign in 2021.

