



Rise-Up Project Report

"Thank you for seeing my capability"

Leilah

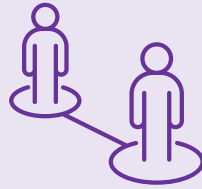
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The challenge



The number of girls in school has dropped for the first time in a decade.



Progress towards gender equality has reversed- its expected to take an additional generation to close the global gender gap.



Politicians continue to cut funding and roll back legal protection for girls' rights.



Girls' in Uganda are paying the price- many face unthinkable choices, just because they are female.

1 in 10 tell us they've had transactional sex in exchange for pads and toiletries since the start of the pandemic.

14% of young women and girls knew someone or had experienced violence because they were using household finances to buy period products.

What we did



1. Creating a virtual support platform

30 entrepreneurs joined a peer mentoring space on What's App



2. Inspiring speakers and podcasts

Three podcasts and 2 talk shows produced in partnership with the entrepreneurs. One business is featured on local television as a result.



3. Tailored training for businesses tackling period poverty

Two In-person training events were delivered for 20 entrepreneurs in Kampala and Jinja based on a needs assessment with entrepreneurs. Training focused on business skills, human centred design, and using technology.



4. School girls sell period products in their schools

Five girls in 5 secondary schools set up teams to sell menstrual products in their schools. The teams were named, 'Viking', 'Girls' Power', 'Girls With A Mission', 'Girl Champion' and 'Liberation Team.' Some teams decided to make and sell their own pads, others accessed start up products and from Irise. All teams received some start-up capital from Irise to help start their businesses.

4. School girls matched with entrepreneur mentors

Forty secondary school girls from 5 schools were matched with a team of 7 entrepreneur mentors. Training was delivered for all participants and girls worked together to set-up their own small businesses selling eggs, making chips or selling drinks.



5. Bootcamp to showcase successes

Ten girls and 6 entrepreneurs attended a final Bootcamp event to showcase and share their successes to six stakeholders including the local Member of Parliament, representatives of District government and school leaders. The Boot camp was opened by Jinja Women MP, Manjeri Kyebakutika, who committed to champion menstrual health work.



The Impact



30

entrepreneurs
accessing peer
mentorship

20

entrepreneurs
receiving
training and
tailored
business
development

5

school girl led
businesses
receiving
start-up
funds



40

schools girls
receiving
mentorship
from
entrepreneurs



1

Member of
Parliament
committed to
act



The Impact



Girls felt managing their period became significantly easier

There was a 25% increase in the number of girls who felt they could change their menstrual materials when they wanted to.

Girls felt more engaged at school when they were on their period.

The proportion of girls able to concentrate in lessons when on their period doubled.

Girls felt more prepared to help their peers access the support they needed for happy and healthy periods.

100% of the girls involved thought they were better prepared to help others access because of the Rise Up project.

Girls felt more confident in the classroom.

There was a 23% increase in the number of girls who felt they regularly put their hand up to answer questions when on their period.



Entrepreneurs felt more knowledgeable and confident when running their business

94% of the entrepreneurs felt their knowledge and confidence had improved.

88% of the entrepreneurs felt Rise Up helped them to support girls in their community, as well as help them grow their business.

Entrepreneur Rehema Hassan Nambi -Smart Girls Foundation

Rehema was mentoring girls in her school when they shared that they were missing school every month because they didn't have period products. She started fundraising for pads and ended up working with the girls to make pads, a bag and period calendar for girls. She has now also started helping girls in other areas to make the pads. Rise-Up has helped Rehema further develop her product and she is now thinking about trademarking the design.

"Taking part in Rise Up enlightened me on human centred approach.

This knowledge gained was invested in the business and hence improved our design approach with an attractive quality product. We have been able to sensitize girls during the product sales."



Entrepreneur Lillian Alinda - Moment Fashions and Films Limited

Lillian founded her organisation in 2019 but her passion started in college when she wrote her dissertation about teenage pregnancy in Mubende district. Many of the girls she spoke to had become pregnant after engaging in transactional sex for pads and other toiletries. From the moment she heard their stories she wanted to find another way for these girls. She got a job after college and saved 50% of her earnings for sewing machines and rent so she could start manufacturing reusable pads in her community. Her mother was a tailor and taught her how to sew and she sold shares to her family to help raise all the capital she needed to start. The pandemic made business more challenging as the cost of materials went up. She joined Rise-Up to help find a way through the challenges.

Through hearing from other entrepreneurs and girls themselves she was able to adapt her product to make it more affordable and also started providing girls with information about periods alongside menstrual products to increase her social impact.

“Rise Up increased my insight into the challenges girls face in my community accessing their products and menstrual information. This helped me improve on our menstrual products so that I attracted more customers...I have [also] supported girls in my community. I now teach them about menstrual hygiene and management before selling them pads.”



School girl, Leilah

Leilah says she didn't believe it when the team first came to tell her about the Rise-Up programme- she thought it was unlikely people would give her money to do what she wanted with. When they did she quickly put it to good use, setting up a small business with her friends so they could earn their own small income to meet their needs. Now she wants to thank Irise for "seeing her capability" when others didn't.

"We have experienced many changes [thanks to Rise-Up] including, regular attendance of school, we have gained business skills, confidence in ourselves and business, engagement in pad making projects, and becoming a mentor to others. We have provided others with access to pads and information, encouraged them to be confident about their bodies and take periods as something normal, taught them how to make pads and inspired them with business ideas that have motivated some of them to start their own businesses."

