



LOPAC Feminine Hygiene Program

Partner Brief

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Table of Contents

Program Overview	3
Our Purpose	3
Why the Program Matters	3
What LOPAC Provides	3
The Impact We Want to Achieve	4
Partnership Opportunity	4

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LOPAC Feminine Hygiene Program

Helping Girls Stay in School with Dignity, Confidence and the Supplies They Need

Program Overview

The LOPAC Feminine Hygiene Program is a community-based initiative designed to help school-age girls remain in school during menstruation by providing essential menstrual hygiene supplies, basic personal-care items, and practical education.

For many girls, menstruation can become a barrier to regular school attendance when sanitary products and other basic necessities are unavailable or unaffordable. Some girls may miss several days of classes each month, placing them at greater risk of falling behind academically.

LOPAC believes that a girl should never have to choose between managing her period and attending school.

Our Purpose

The program works with local schools, families, community leaders, donors, and partners to ensure that girls have reliable access to the basic supplies needed to manage menstruation safely and with dignity.

Our objectives are to:

- Provide sanitary pads and menstrual hygiene supplies to girls in need.
- Supply basic personal-care necessities such as underwear, soap and hygiene materials when resources permit.
- Reduce school absenteeism associated with menstruation.
- Promote basic menstrual-health and personal-hygiene education.
- Help reduce embarrassment, stigma and misinformation surrounding menstruation.
- Encourage girls to participate confidently in classes, examinations and school activities throughout the month.

Why the Program Matters

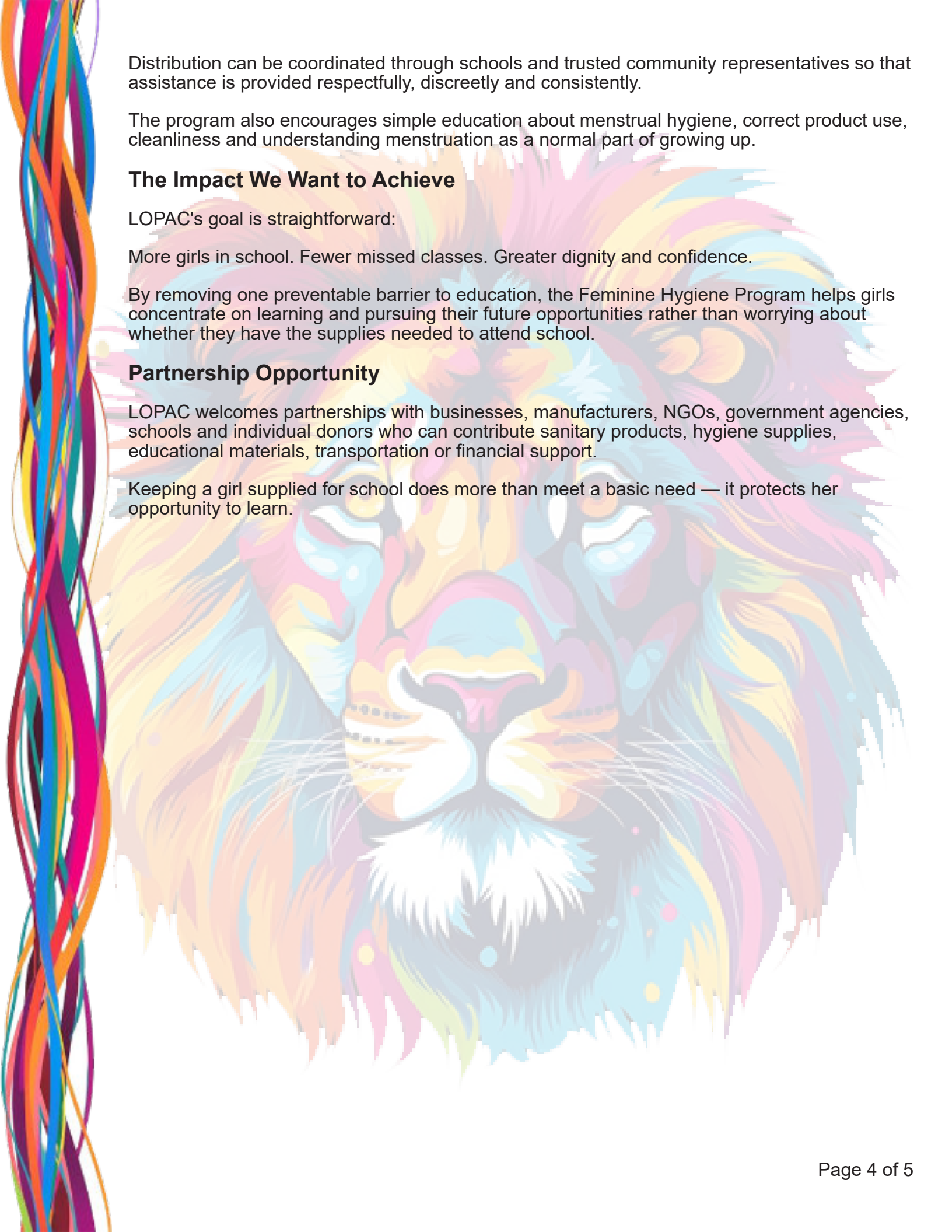
Missing even a few school days every month can quickly become a significant educational disadvantage. A girl who regularly stays home because she does not have sanitary supplies can lose valuable classroom instruction and may struggle to keep pace with her classmates.

The consequences extend beyond education. Lack of menstrual supplies can affect a young person's confidence, comfort, dignity and ability to participate normally in everyday life.

A relatively small investment in basic hygiene supplies can therefore have a much larger impact.

What LOPAC Provides

Through donations, sponsorships and community partnerships, LOPAC seeks to provide participating girls with a dependable supply of menstrual products and essential hygiene items.



Distribution can be coordinated through schools and trusted community representatives so that assistance is provided respectfully, discreetly and consistently.

The program also encourages simple education about menstrual hygiene, correct product use, cleanliness and understanding menstruation as a normal part of growing up.

The Impact We Want to Achieve

LOPAC's goal is straightforward:

More girls in school. Fewer missed classes. Greater dignity and confidence.

By removing one preventable barrier to education, the Feminine Hygiene Program helps girls concentrate on learning and pursuing their future opportunities rather than worrying about whether they have the supplies needed to attend school.

Partnership Opportunity

LOPAC welcomes partnerships with businesses, manufacturers, NGOs, government agencies, schools and individual donors who can contribute sanitary products, hygiene supplies, educational materials, transportation or financial support.

Keeping a girl supplied for school does more than meet a basic need — it protects her opportunity to learn.

Restoring Dignity Through Sanitary Napkin Access



Empowerment Through Education & Health

Addressing the critical need for accessible menstrual products and comprehensive health education. Ensuring girls stay in school and pursue their dreams with confidence.



Project Activities

Distributed reusable & disposable pads. Conducted workshops on menstrual hygiene, puberty, and reproductive health. Fostered community dialogue to break stigma.

Impact & Dignity

Reduced school absenteeism. Improved self-esteem and sense of worth. Created supportive environments for growth and empowerment.

**Together, we uplift health,
confidence, and futures**