

# PERIOD ACTIVIST BASICS

LET'S PERIOD PARTY!

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DR  PS



# About Us



**Changing the world, one period at a time.**

**Started in 2021 by Mikaela Ingram and a group of medical professionals .**

We have reached over 10,000 women during our grassroots phase.

**Mission:** Divine Drops improves women's health through sustainable menstrual products, holistic education, and a caring community. We want to make period care easy, painless and accessible for women around the world.

**Our Core Values:**

**Impact - community first.**

**Prevention - vs. reaction.**

**Collaboration - strength in partnership.**

**Sustainability - reproducible, eco friendly.**



# Desired Outcome

**125 million women living in poverty worldwide will have access to life changing reusable period products and vital health education enabling them to pursue work and education without interruption by 2040.**

# **THE PROBLEM:** **Period poverty.**

**What's period poverty? is a lack of access to period supplies, which are necessary to function in the modern society in which we live in. It is linked to using substitute products, stretching product usage which is dangerous to health and even missing work, school or other important events due to a lack of menstrual supplies.**

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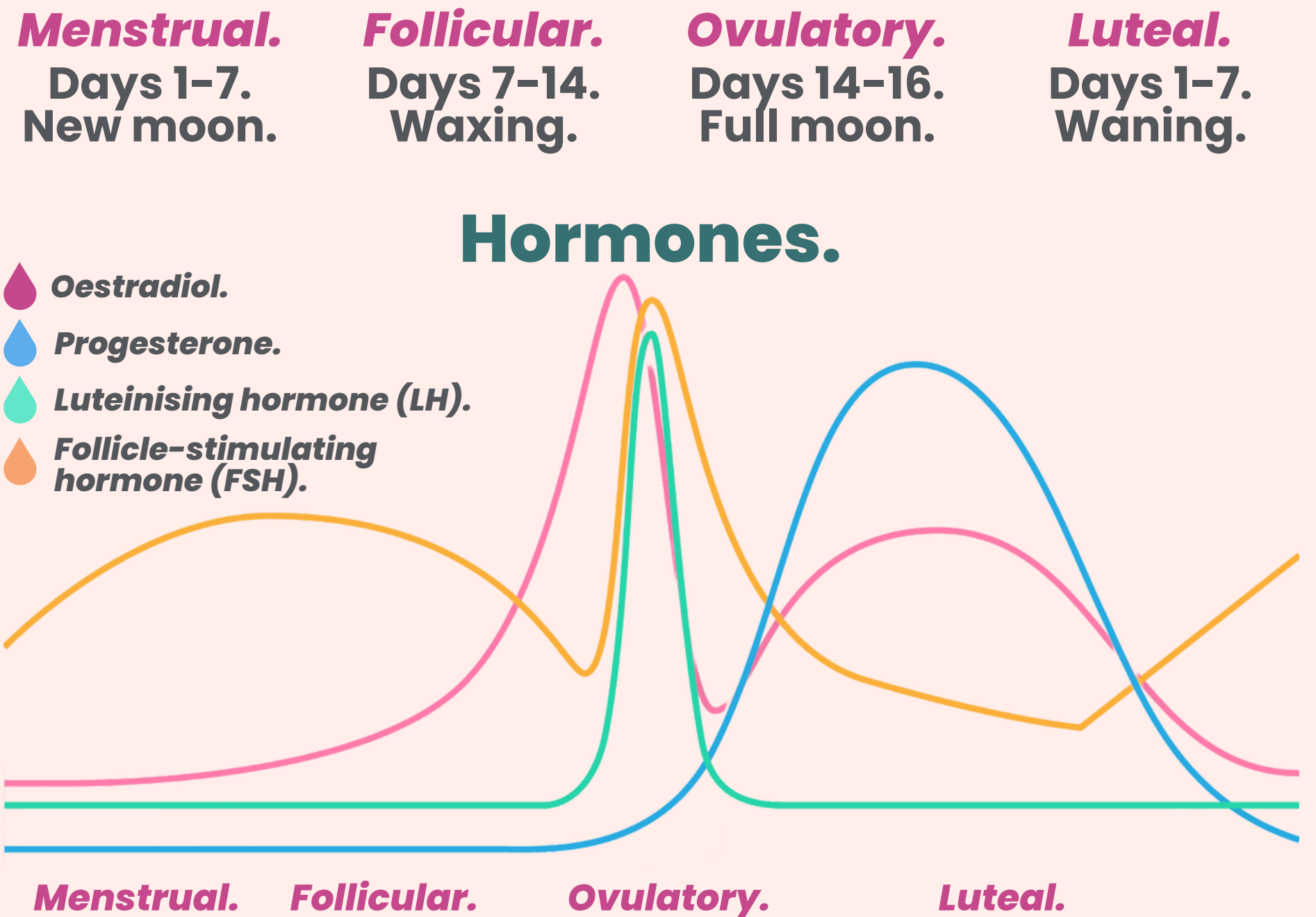
## **The reality of Period poverty.**

- **10% of female college students do not afford to purchase menstrual products resulting in skipping classes and leading to depression. (Mason University and University of Pennsylvania, 2021 )**
- **1.25 billion women and girls have no access to safe, private toilets, and 500 million don't have toilets at all. (Action Aid report, 2022).**

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# Lack of understanding about the Infradian Rhythm – the feminine cycle.

What is the infradian rhythm? Well better known as the feminine cycle, it is the natural and healthy cycle of hormones that facilitates the opportunity for pregnancy and serves many vital health functions in a feminine body.



# **The reality of the lack of understanding about the Infradian Rhythm – the feminine cycle.**

- **92% of the participants in our program state they wish they had learned more information about their natural cycle sooner.**
- **A simple lack and misunderstanding of this self care knowledge can lead down a path of preventable, unwanted and chronic life altering conditions**



# TIME FOR A REINFORCEMENT ACTIVITY!

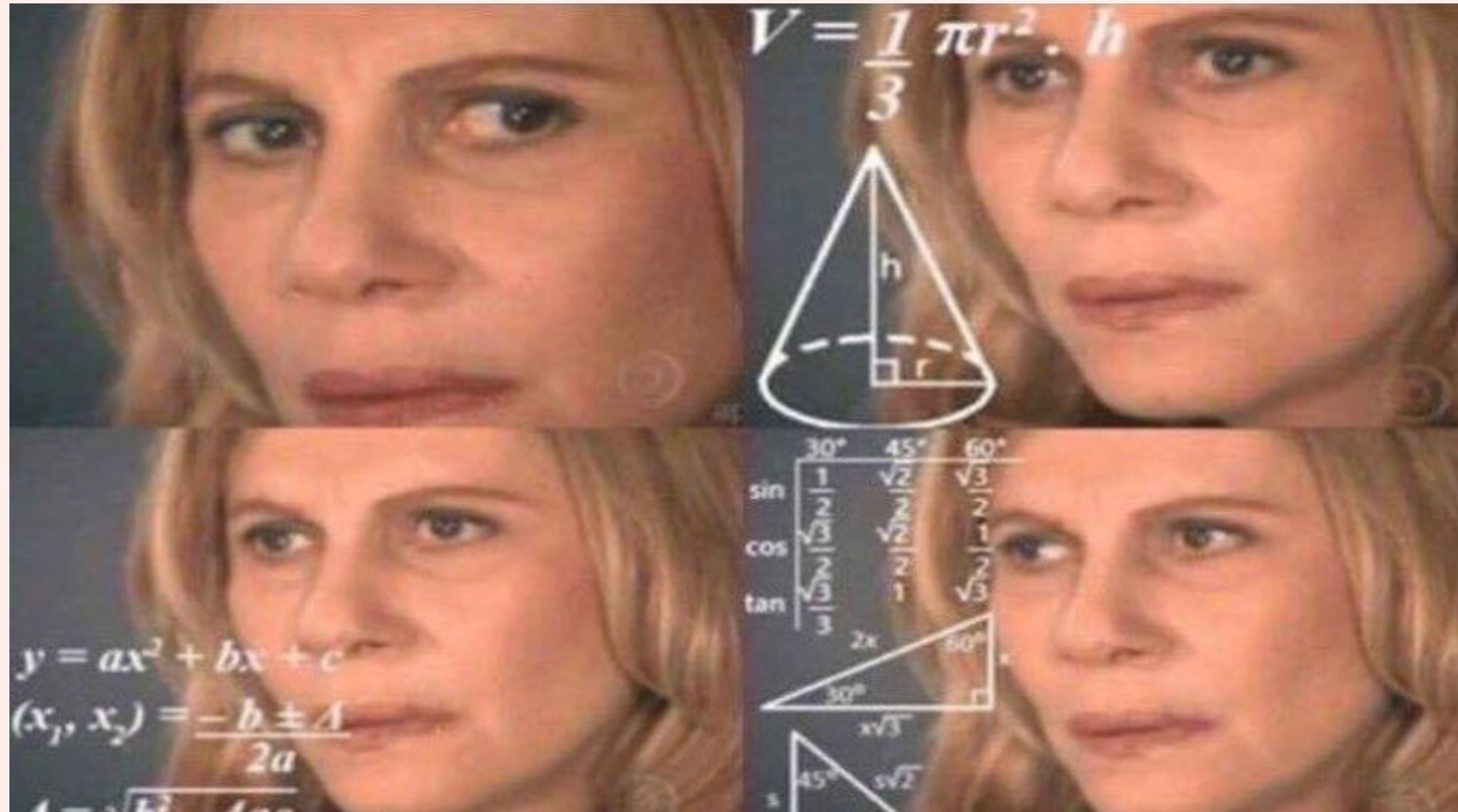
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# Need for comprehensive sexual health education for teens.

That's why kids need to be equipped with community-focused and complete health information to help them tackle some of their most pivotal moments in life with confidence and knowledge.



 how puberty feels

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# The real need for comprehensive sexual health education for teens.

- Even in those states where this instruction is mandatory, **there is no structure or guarantee** that the information will be scientifically accurate.
- Adolescents (10- to 19-year-olds) and young adults (20- to 24-year-olds) are **at higher risk for acquiring STIs** than members of older age groups.
- In 2010, an estimated **12,200 young people 13–24 years of age were newly infected with HIV** (representing 25.7% of overall new HIV infections during that year).
- In 2013, 10.3% of high school students **reported experiencing physical violence** committed by a romantic partner. Forced sex was reported by 10.5% of female high school students and 4.2% of male students.

## **Teen pregnancy.**

**What's teen pregnancy? when a woman under 20 gets pregnant. It usually refers to teens between the ages of 15-19. But it can include girls as young as 10. It's also called teen pregnancy or adolescent pregnancy.**

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# The reality of teen pregnancy.

- As of 2019, adolescents aged 15–19 years in low- and middle-income countries (LMICs) had an estimated **21 million pregnancies** each year.
- Adolescent mothers (aged 10–19 years) **face higher risks of** eclampsia, puerperal endometritis and systemic infections than women aged 20–24 years, and babies of adolescent mothers face higher risks of low birth weight, preterm birth and severe neonatal condition.
- The United States has **one of the highest unplanned pregnancy rates among developed countries**; in 2011, nearly half of all pregnancies were unintended (Women's Initiative at the Center for American Process, 2018).

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# Single use menstrual products – a health concern.

**Disposable period products are only used for four to eight hours before being placed in sanitary bins or general household waste destined for a lifetime in the landfill or even worse a clogged toilet. If it does not clog the toilet it ends up in our oceans and waterways at an alarming rate.**

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# The reality of single-use menstrual products-

- **Some substances found in tampons and disposable pads, All of which are known to cause irritation, hormone imbalances and even cancer.**
- **Women are not educated on the fact that pads and tampons have an expiration date and that they should not be worn for longer than 6 hours.**
- **Toxic shock syndrome (TSS) is a condition caused by bacteria getting into the body and releasing harmful toxins.**

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# **A struggle lived in silence: hormonal imbalance.**

**What is the hormonal imbalance? Female Hormonal Imbalance occurs **when hormones rise above or drop below** healthy and functional levels in the bloodstream. Symptoms will depend on which hormone is out of balance and can affect both your mental and physical health.**

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# A struggle lived in silence: hormonal imbalance.

- In the United States, among married women aged 15 to 49 years with no prior births, about 1 in 5 (19%) are **unable to get pregnant** after one year of trying.
- Polycystic ovarian syndrome (PCOS) is an endocrine disorder **affecting 7–10%** of women of reproductive age. PCOS is the most common hormonal disorder in women of reproductive age.
- It's estimated that **80% of women** will have some form of hormonal imbalance at some point in their lives.

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# The stigma of menstruation around the world.

- We have created a society in which menstruators are **taught to feel less confident and dignified.**
- it is pertinent to follow a strategic approach for **combating the myths and social taboos associated with menstruation** in order to improve the reproductive health of adolescent girls and women.

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**The story of Gloria Orwoba**

## **Period and sustainability.**

**It is estimated that the average menstruator uses about 17,000 pads or tampons during their entire menstruating lifetime. 12 billion pads and 7 billion tampons end up in landfills and our oceans yearly just in the United States and this is a topic that nobody wants to talk about, but why?**

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# Period and sustainability.

- Pads can contain up to 90% plastic, which largely ends up in landfills and is estimated to **take about 500–800 years to break down.**
- The Ocean Conservancy collected **27,938 used tampons** and applicators on beaches around the world in a single day in 2015.
- Reusable products have less than 2% of the environmental impact of disposable and **save a menstruator 2,400 pads or tampons in their lifetime.**
- Tampons, pads, and panty liners, their packaging, and wrapping **generate more than 200,000 metric tons of waste annually.**

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# LET'S DO AN ENERGIZER!

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## Learning with a period.

**When considering equal rights to education **we often forget about this monthly manner** that has the potential to cause girls to skip school or even worse be distracted and embarrassed during school on average one entire school week per month.**

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## Learning with a period.

- **At one high school in St. Louis, up to two-thirds of girls reported that they do not have a reliable source of tampons or pads. One third of girls at the same school said that they stay home from class for precisely that reason.**
- **Menstrual products are expensive in the U.S. In a national survey of 1,000 menstruating teens, 1 in 5 struggled to afford period products and 4 in 5 either missed or knew someone who missed class time because they did not have access to period products.**
- **10% of all female college students are unable to afford menstrual products each month, leading to skipped classes and greater self-reported rates of moderate or severe depression**

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# Period Policy and Funding

**In the United States most states have a sales tax on menstrual products because they are considered luxury items, women with difficult periods because of hormonal issues can't get free days even if it is a health condition and legislators aren't presenting real initiatives for feminine and reproductive wellness that actually change the reality of the topic.**

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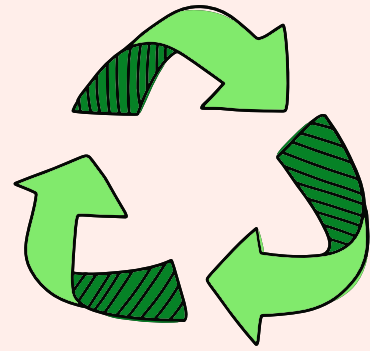
# Period Policy and Funding

- law can and should change to address period poverty is by making menstrual **products eligible for purchase with** Supplemental Nutrition Assistance (SNAP) and Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) benefits.
- Or **addressing luxury tax** on menstrual products in the US which range from 4.7% to 10% in 2019.
- In 2020, during the ongoing pandemic, the Scottish Parliament unanimously passed the Period Products (**Free Provision**) (Scotland) Bill.
- Many other regions in New Zealand, Australia, Canada, the US and France are **increasing access to free products** in schools and other public places, and the governments of Kenya, Uganda, and Zambia have also increased access to **free products in school settings.**

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# Our Long Lasting Solution



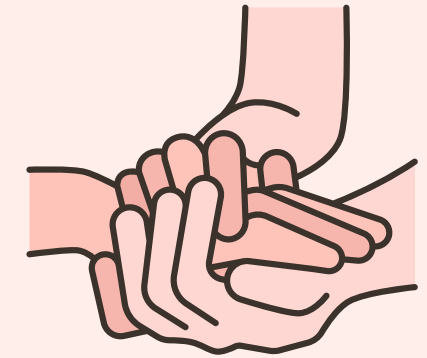
## Reusable Period Products

We designed three different nontoxic reusable menstrual product options providing a solution that can be used over and over for up to 10 years. All reusable products are distributed with educational materials.



## Complete Health Education

We have partnered with educational leaders to create a curriculum and educational experience that can be transmuted across the world through our powerful digital platform and health clubs. **An ounce of prevention is worth a pound of cure.**



## Community Support

We focus on working from within organizations and groups that are already established.

# Our Programs

 10,000+  
IMPACTED



## Online Educational Resources

Our online platform is FREE to communities and includes access to a full curriculum including downloads, e-books and courses on topics requested by our communities and created by certified educators.



## Reusable Menstrual Product Distribution

Community organizations can complete an online application with a needs statement for menstrual products. We review applications quarterly and distribute only high-quality reusable products with education both locally and internationally.



## Community Workshops

All of our programs are community centered. We focus on working within organizations and groups that are already established. Our workshops cover three different age categories, covering age 8+.

# Our Impact



100% state that they feel better about their cycle and body after joining a program



90% state they have learned something new from us that they will apply to their health.



Every reusable products eliminates over 1,200 single use products from entering the landfills.



# Our Team



# 200+ TEAMMATES

We want you!



Our Medical Team In Tanzania



Our volunteers, interns and committees.

Divine Drops Board



Divine Drops Certified Educators



Divine Drops | Change the Cycle

# Our \$\$\$

2022



## Income

\$65,000

The original primary source of income has been through founders investment, as a nurse I believe in this program. In 2022 we also received our first grants and donation campaigns.

Our Expenses	Percentage Split
Program Expenses	86%
Overhead Expenses	14%

## Expenses

\$57,000

The primary source of our expenses goes directly towards program implementation and product manufacturing. Our overhead expenses are dedicated mainly for our website, marketing and contract worker support.



## In Kind Donations

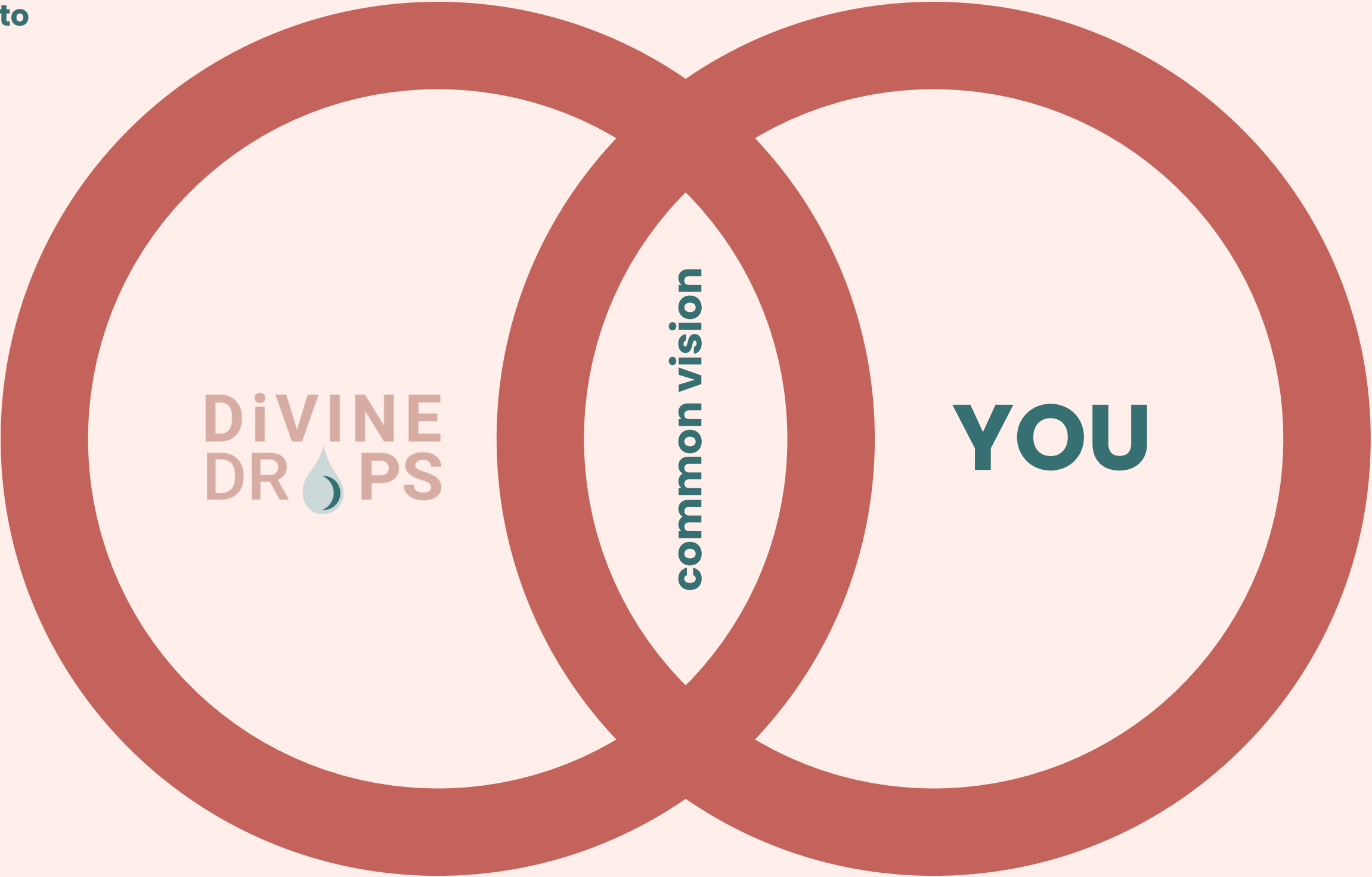
\$196,000

In-Kind donations has been our moving force. Included is volunteer hours, executive director salary, pro bono marketing work, in kind product donations and many free consultant hours.

# Core Value : Collaboration

Lets explore how we can work together to meet this critical need.

What are you looking to see happen, when you want to make a big impact?



## How get involved?



- **Write a letter to your local representatives.**
- **Get active on Social Media.**
- **Meet up with school administration & ask for free reusable products to be available to all students!**
- **Speak life over your cycle.**
- **Open-mindedly try out reusable menstrual products.**
- **Engage in conversations with the youth in your life.**
- **Host a women's health panel.**
- **Ask your OBGYN doctor if they are willing to carry our eBook and resources that they can then share with their patients.**



# How get involved?



- **Host a period party with your community, friends, or with your daughter and her friends.**
- **Share with your friends the power of sustainable menstrual products.**
- **Go to your local bar and ask to have a Bloody Mary fundraiser night.**
- **Consider companies you know could be aligned with us.**
- **Fill your cart with program items we need from our Amazon Wishlist.**
- **Share what you have learned with a friend.**
- **Donate your air miles so we can share our resources worldwide.**
- **Reach out about an application to join one of our committees or become an intern.**
- **And lastly, if you are able you can donate so we can continue providing our much-needed resources to communities.**



# DO YOU HAVE MORE QUESTIONS?

CHECK OUR INFO!

 @Divinedrops\_

 [www.divinedrops.org](http://www.divinedrops.org)

 [hello@divinedrops.org](mailto:hello@divinedrops.org)

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