

DIGNITY KITS

The Dignity Kits program supports middle schools by providing free reusable menstrual kits and educational materials to promote menstrual health and awareness. By making these kits accessible to students—especially those facing menstrual challenges—the program empowers young girls to manage their periods with confidence, helping reduce stigma and ensuring they can attend school without fear or shame.

4 REUSABLE PADS.

- Offer up to 6 years of eco-friendly, reliable menstrual care.
- Save families up to \$1,500 over 7 years by switching to reusables.
- Prevent the waste of 200,000+ disposable products per person and cut plastic pollution.
- Avoid harmful chemicals and reduce cramps, rashes, and hormone disruption.



COST: \$8.00

1 CYCLE TRACKER



- Helps identify the fertility window to prevent unwanted pregnancy.
- Reduces emotional stress by clarifying hormonal changes.
- Promotes mental well-being through cycle awareness.

COST: \$3.00



TOTAL: \$20.00

HYGIENE ITEMS

- Prevent infections and irritation caused by poor menstrual hygiene.
- Help girls feel fresh, clean, and confident throughout the day.
- Support regular school attendance by reducing period-related discomfort.



COST: \$5.00

BAG / PURSE

- Provides a discreet way to carry menstrual products with privacy and confidence.
- Keeps hygiene items organized, clean, and easily accessible.
- Empowers girls to manage their period confidently, even in public or at school.



COST: \$2.00

HYGIENE ITEMS

- Provides valuable information on menstrual health, hygiene, and tracking.
- Offers personalized encouragement and support, promoting confidence and well-being.
- Helps educate and empower girls with knowledge about their bodies and cycles.



COST: \$2.00

Empower a girl to manage her period with pride.

DIVINE DROPS



www.divinedrops.org



[@Divinedrops_](https://www.instagram.com/Divinedrops_)



hello@divinedrops.org