



Period Party Challenge Tool Kit

An initiative led by: Tamara Abney, Mrs. Pennsylvania International 2024 | IG @tamaraabney

Hosted by: YOU!



Welcome to the Period Party Challenge Toolkit!


Are you ready to make a real difference in your community?

We're excited to introduce you to the Period Party Challenge, a unique and impactful way for you and your friends to come together and support menstrual equity. This toolkit is your guide to hosting a gathering that goes beyond the ordinary, where you and your guests can make a positive change in the lives of young individuals.

What is the Period Party Challenge?

The Period Party Challenge is a social media movement founded and led by Tamara Abney, Mrs. Pennsylvania International 2024 and Founder of SisterFriend, Inc. aimed at addressing menstrual equity in your local community.

It's a chance for you and your friends to host gatherings with a purpose, to not only enjoy each other's company but also to collect and donate menstrual products directly to schools, Boys and Girls Clubs, YMCAs, and other local organizations. By doing so, you'll be contributing to the well-being and educational opportunities of young people in your area.



What's Inside this Toolkit?



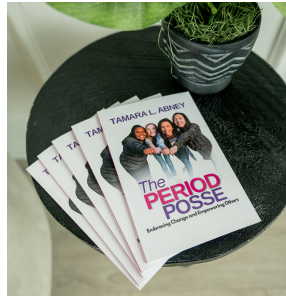
SUGGESTED
DONATION
LOCATIONS



OUTREACH
TEMPLATES FOR
LOCAL
ORGANIZATIONS



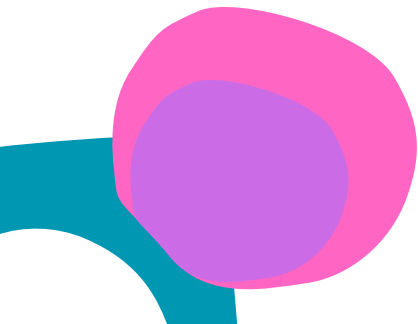
SAMPLE EMAIL
INVITE



REQUEST YOUR COPY
OF THE BOOK:
"PERIOD POSSE"



GENERAL
MENSTRUAL
ADVOCACY STATS



10 SUGGESTED PLACES/ORGANIZATIONS WHERE YOU CAN DONATE MENSTRUAL SUPPLIES

Local Middle Schools: Reach out to your nearest middle schools and inquire if they have a program or a dedicated staff member who can distribute the supplies discreetly to students in need.

Boys and Girls Clubs: Many Boys and Girls Clubs serve as after-school programs for students. They often have girls in the middle school age group and can benefit from menstrual supply donations.

YMCA Programs: Similar to Boys and Girls Clubs, YMCA programs often cater to middle school students. Contact your local YMCA to see if they accept donations.

Homeless Shelters: Local homeless shelters, including family shelters, may have middle school-age girls who are in need of menstrual supplies.

Community Centers: Community centers often host after-school programs for students. They can be a great place to provide menstrual supplies.

Local Food Banks: Some food banks are expanding their offerings to include non-food items like menstrual products. Check if your local food bank accepts these donations.

Teen Programs and Support Groups: Organizations that run programs or support groups for teenagers, such as those addressing youth mental health, can benefit from these donations.

Girls' Clubs and Organizations: Organizations like the Girl Scouts or Girls, Inc. may have programs for middle school girls and can distribute menstrual supplies.

School Nurse's Office: The school nurse is often the first point of contact for students in need. Reach out to your school's nurse to see if they can distribute supplies.

Local Community Organizations: Various local non-profit organizations may run initiatives to support students. Connect with them to see if they accept donations.

Remember to contact these organizations in advance to confirm their willingness to accept donations and to discuss logistics for drop-off or delivery. Additionally, ensure that the donations are discreetly and sensitively distributed to protect the privacy of the recipients.

REQUEST FOR COLLABORATION TEMPLATE LETTER

Subject: Request for Collaboration: Period Party Challenge Donation Collection

Dear [Recipient Organization's Name],

I hope this email finds you well. On behalf of [Your Name] and in collaboration with SisterFriend, Inc., I am reaching out to inquire about the possibility of collecting menstrual supply donations on your organization's behalf as part of the "Period Party Challenge."

First and foremost, I want to express our sincere gratitude for considering being the recipient of these much-needed donations. Your organization's dedication to supporting and empowering young people aligns perfectly with the purpose of this initiative.

The "Period Party Challenge" is an event aimed at raising awareness about menstrual equity and collecting menstrual supply donations for those in need. Our goal is not only to address the immediate needs of individuals but also to promote a community that values and advocates for menstrual equity. By working together, we can ensure that young people have equal access to the resources they require to manage their periods with dignity.

We firmly believe that menstrual equity is an essential aspect of overall well-being and educational success. It is our collective responsibility to support young people and foster an environment where they can thrive without limitations caused by the challenges associated with menstruation. The collaboration of organizations like yours is crucial in achieving this vision.

If you grant us permission, we would be honored to collect menstrual supply donations on your organization's behalf during the "Period Party Challenge." Our team will take care of all logistics, ensuring a seamless process. Your organization's name will be prominently featured as a partner in our communications and materials, showcasing our joint commitment to menstrual equity.

Moreover, we encourage ongoing collaboration and advocacy efforts beyond this event. By joining forces, we can amplify our impact and create lasting change in our community. Together, we can empower individuals and build a future where no young person is held back due to the challenges surrounding menstruation.

Thank you for considering our request, and we look forward to the opportunity to work together in support of menstrual equity.

Warm regards,

[Your Name]
[Host/Organizer]
[Contact Information]

SAMPLE LETTER TO INCLUDE WITH DONATIONS

Dear [Recipient Organization's Name],

On behalf of [Your Name] and in collaboration with SisterFriend, Inc., we would like to express our heartfelt gratitude for accepting the generous donations from our "Period Party Challenge." {Organization Name} plays a vital role in supporting and empowering young people, and we are thrilled to contribute to your mission.

The "Period Party Challenge" is an initiative focused on raising awareness about menstrual equity and collecting menstrual supply donations for those in need. Through this event, we aim to break the stigma surrounding menstruation and ensure that all individuals have access to the necessary resources to manage their periods with dignity.

The impact of this event goes beyond tangible donations. It sparks conversations and fosters a community that recognizes the importance of menstrual equity. By working together, we can create a future where no one is limited or held back due to the challenges associated with menstruation.

Your acceptance of these donations reinforces the significance of menstrual equity for young people. Your commitment to providing support and resources is commendable, and we are honored to partner with you in our collective efforts.

We strongly believe that collaboration and advocacy are essential in addressing the needs of our community. We encourage continued collaboration and mutual support to amplify our impact. Together, we can create lasting change and empower individuals to reach their full potential.

Thank you once again for your partnership and for being part of this important journey toward menstrual equity. We look forward to continued collaboration and making a positive difference in the lives of young people.

Warm regards,

[Your Name]
[Host/Organizer]
[Contact Information]

SAMPLE EMAIL INVITE

Subject: You're Invited to a "Period Party" for Menstrual Supply Donations!

Dear [Name],

We are excited to invite you to a special event aimed at making a difference in our community! We are hosting a "Period Party" to raise awareness about menstrual equity and collect menstrual supply donations for [Boys and Girls Clubs/Schools in our local area]. We believe that together, we can create positive change and support those in need.

Date: [Date]

Time: [Time]

Location: [Venue/Address]

The purpose of this gathering is to come together, share our knowledge, and take action. We kindly request that you bring menstrual supply donations (individually wrapped/new in a package) to contribute to our cause. These supplies will directly benefit [Boys and Girls Clubs/Schools], ensuring that young individuals have access to essential menstrual products and can focus on their education and well-being.

Every contribution, big or small, makes a significant impact. We appreciate your generosity and commitment to menstrual equity. By working together, we can help break down barriers and empower those who menstruate in our community.

To help us plan accordingly, please RSVP by [RSVP Date] with the number of attendees. If you have any dietary restrictions or special considerations, kindly let us know so we can accommodate them.

We look forward to your presence and meaningful contributions at our "Period Party." Let's create a welcoming and supportive environment where we can make a real difference. Together, we can ensure that no one is held back by the challenges of menstruation.

If you have any questions or need further information, please feel free to reach out to us at [Contact Information].

Thank you for joining us on this important journey towards menstrual equity. We can't wait to celebrate, learn, and advocate together!

Warm regards,

[Your Name]

[Host/Organizer]

SAMPLE SOCIAL MEDIA POSTS

Example 1

Image: A colorful and inviting graphic featuring menstrual products and the text "Join My Period Party Challenge!"

Caption: 🎉 Hey, friends! I'm hosting a Period Party Challenge to make a real impact in our community. Let's break the silence around menstruation and support local schools together. Are you in? RSVP now! 💙🌟 #PeriodPartyChallenge #MenstrualEquity #CommunitySupport #SisterFriend

Example 2

Image: A fun and energetic photo of you and your friends, perhaps from a previous gathering.

Caption: 🙌 Calling all my awesome friends! It's time to join forces and make a difference. I'm hosting a Period Party Challenge, and I need your support. Let's collect menstrual products for local schools and empower the next generation. RSVP today! 🤝❤️ #PeriodPartyChallenge #MenstrualEquity #CommunitySupport #SisterFriend

Example 3

Image: A heartwarming image of students in a classroom with a text overlay that reads "Help Us Support Them."

Caption: ❤️ Our community needs us! Join my Period Party Challenge and let's ensure every student has access to menstrual products. It's easy, fun, and impactful. Let's do this together! RSVP now! 🌟📦 #PeriodPartyChallenge #MenstrualEquity #CommunitySupport #SisterFriend

Example 4

🌸 Hey there, friends! Want to make a real impact in our community and have a blast doing it? Join me for a Period Party! 🎉

💧 Periods are a natural part of life, but not everyone has access to the products they need. Let's change that together.

🌟 We'll collect menstrual products to donate to local schools, making sure students have what they need to succeed. Plus, we'll have snacks, music, and great company!

📅 [Insert Date]

🕒 [Insert Time]

📍 [Insert Location]

Can't wait to see you there! Let's make a difference. 🤝❤️ #PeriodPartyChallenge #MenstrualEquity #CommunitySupport #SisterFriend

Request your copy of The Period Posse

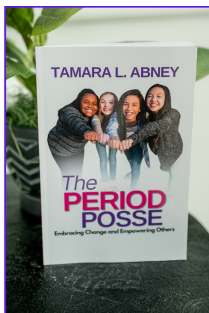
As part of our commitment to menstrual equity and education, we're excited to offer you a free copy of "Period Posse: Embracing Change and Empowering Others," written by Mrs. Pennsylvania International, Tamara Abney.

In collaboration with SisterFriend, Inc., you can now request up to 5 copies for free. These books are a great addition to include with your product donations for your local middle school library or after-school program. Simply cover the shipping costs (\$7.99), and you'll receive these empowering books.

When you donate them, we encourage you to take a photo and tag us, sharing the love for menstrual education and empowerment. Let's work together to make a positive impact on our communities!

📖❤️ #PeriodPosse #PeriodPartyChallenge #MenstrualEquity
#EmpowerOthers

**To request your free copies email us at info@sisterfriend.org,
subject line: PeriodPartyPosseDonation**



GENERAL MENSTRUAL ADVOCACY STATS

United States:

- 1. School Absenteeism:** In the United States, 1 in 5 girls have reported missing school due to a lack of access to menstrual products. (Always Confidence & Puberty Survey)
- 2. Educational Impact:** According to the American Academy of Pediatrics, providing free menstrual products in schools can lead to better educational outcomes, reducing absenteeism and improving academic performance.
- 3. Sales Tax Burden:** In some states, menstrual products are subject to sales tax, further burdening women and girls with an additional financial barrier. (New York Times)
- 4. Homeless Women:** Homeless women and girls in the U.S. often face significant challenges in accessing menstrual products, impacting their dignity and well-being. (Homeless Shelter Directory)
- 5. Menstrual Stigma:** Studies show that menstrual stigma persists in the U.S., affecting the confidence and self-esteem of young girls and women. (Women's Health)
- 6. Unsafe Practices:** In marginalized communities, women and girls may resort to using unsafe alternatives or reusing menstrual products due to financial constraints, which can lead to health risks. (HuffPost)
- 7. Disproportionate Impact:** The lack of access to menstrual products in the U.S. disproportionately affects women and girls of color and those from low-income backgrounds. (Bustle)

International:

- 1. School Absenteeism (Global):** In developing countries, approximately 1 in 10 girls miss school during their menstrual periods due to a lack of access to menstrual products. (UNICEF)
- 2. High Missed School Days:** In some parts of the world, girls may miss up to 20% of their school year because of their periods. (UNESCO)
- 3. Kenyan Challenge:** According to a survey in Kenya, nearly 65% of girls cannot afford menstrual products, leading to significant school absenteeism and academic challenges. (Kenya Ministry of Education)
- 4. Indian Study:** A study in India found that over 70% of girls reported problems with school attendance during their periods due to a lack of access to menstrual products and proper sanitation facilities. (Dasra)
- 5. Positive Impact:** Access to menstrual products can significantly improve the self-esteem and confidence of girls and women, positively impacting their overall well-being. (WaterAid)
- 6. Stigma and Shame:** Lack of access to menstrual products and information about menstruation can contribute to feelings of shame and embarrassment among girls and women. (Plan International)
- 7. Educational Benefits:** Providing free menstrual products in schools can lead to better educational outcomes, as girls are more likely to stay in school and participate fully in their studies. (American Academy of Pediatrics)



Thank You

Hello Friend!

I hope this message finds you well. I wanted to take a moment to express my deepest gratitude for your incredible support and dedication to our cause. Hosting a Period Party and participating in the Period Party Challenge means the world to us, and your efforts are making a real difference in the lives of so many.

Your commitment to menstrual equity and education is inspiring, and it's heartwarming to see individuals like you take action to empower our communities. Your generosity in collecting and donating menstrual supplies directly to schools is creating opportunities and breaking down barriers for young students.

On behalf of SisterFriend, Inc., I want to extend our warmest thanks for your involvement in this challenge. Your contributions are helping us move closer to a world where no one has to face the challenges of period poverty. Your dedication embodies the spirit of positive change and community empowerment.

Thank you for being a vital part of our mission. Your support means everything to us, and we look forward to continuing this journey together. If you ever need assistance or have any questions, please don't hesitate to reach out.

With heartfelt thanks and warm regards,

Tamara Abney
Mrs. Pennsylvania International 2024
Founder, SisterFriend, Inc.



SisterFriend
www.sisterfriend.org