

# Girls of Tomorrow Annual Newsletter

## 2022 Visual Overview



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# A Year in Review

Thank you for supporting the Girls of Tomorrow (GOT) Foundation!

We believe that with effective resources, education and support, every girl can become a leader and innovator in her community.

In 2022, GOT's menstrual health program was one of ten national initiatives awarded a Sustainable Development Youth Award, winning the category of Community Health and Well-being.

We were also thrilled and honoured to have been awarded a Funds for Innovation and Transformation (FIT) grant by Global Affairs Canada to test our innovation for reducing menstrual stigma. We began our project of working with 5 schools and 1 community centre to create female-centred permaculture gardens with the goal of increasing support for girls' menstrual health and hygiene.

We also continued our main programming, including providing solar panels to schools, offering educational sessions, and supporting girl's school education through our scholarship program.

The purpose of this newsletter is to provide a brief visual overview of our year. For more in depth information about our projects and programming, check out our website [girlsoftomorrow.ca](http://girlsoftomorrow.ca) or contact us at [info@girlsoftomorrow.ca](mailto:info@girlsoftomorrow.ca).

**We thank you again for supporting Girls of Tomorrow!**



# Canada SDG Youth Award



The SDG Youth Awards is a national program recognizing the contributions of young people across Canada towards achieving the UN Sustainable Development Goals. The purpose of the awards is to highlight the many ways young people aged 30 and below are taking action and encourage continued progress towards the Global Goals.

**Girls of Tomorrow Foundation's Menstrual Health Program is among the 10 initiatives selected for an award under the category Community Health and Well-being.**

Our initiative was showcased in an online campaign as well as featured at a virtual celebration event called Together Ensemble, Canada's largest conversation on advancing the Sustainable Development Goals.



# Fund for Innovation and Transformation (FIT) Grant

In Uganda, students at the Secondary school level have significant drop out rates of 65% for both girls and boys, with even higher rates in rural areas. Girls are especially affected due to the lack of income to access menstrual products and menstrual stigma. This leads many girls to repeatedly miss school, fall behind in schoolwork and eventually drop out.

Supported by FIT, GOT is testing a new way to combat menstrual stigma that we've called Female-Centered Permaculture Gardens. The testing will take place over an 11 month period. Our objective is to combat menstrual stigma in rural Uganda—we hypothesize that teaching 13–16-year-old female and male youth, as well as their parents and teachers, to create female-centered permaculture gardens will lead to a reduction in menstrual stigma. The program will involve lessons on female physiology and growing locally available foods to support the menstrual cycle.

We're aiming to advance Gender Equality through the engagement of men and boys in activities on menstruation, equipping girls, boys, teacher, and mothers with the skills to make reusable pads out of garden supplies, as well as knowledge on how to manage symptoms and hygiene of periods using garden resources.













# Entrepreneur Program

GOT's Entrepreneur Program is an ongoing educational program for girls in the Rakai District. The program teaches leadership, finance and life skills, as well as offers practical training in computer programs and sewing on a weekly basis.

This year we worked with over 40 girls. They learned skills in programs including Microsoft Word, Powerpoint and Excel. Girls engaging in sewing lessons learned to tailor their own dresses and clothing.





# Scholarship Program



In 2022 we've sustained our commitment to sponsor the formal education of scholarship recipients. Within our program, we fund the entire tuition, boarding expenses, and school supplies for girls. Moreover, our on-site team provides mentorship and emotional support to ensure a holistic educational experience.

# Solar Program



It's harder for students to shine without light. Solar power in the classroom provides light for studying and learning in the early morning and evening. It also increases the chances that schools are able to utilize modern technology and offer a higher quality education.

**This year we installed solar panels at three primary schools:**

- Kibutamo Primary School
- St. Adrian Kasozi School
- Nsimeria Primary School



Thank you  
for your  
support!

