

Turning Periods Into Pathways



Why Days for Girls?

When we mobilize girls and women, their communities and our world grow stronger. Managing periods is a small thing that makes a big difference.

DfG International

Days for Girls (DFG) is a global movement that prepares and distributes sustainable menstrual health solutions to girls, giving back days of opportunity and health.



"I come to school now every day. That is the biggest way it has changed my life."

DFG Lake Chapala is the only team in México, but we are one of more than 900 teams around the world. Local volunteers sew and assemble the DFG kits we distribute to lakeside girls, providing each girl with a safe, beautiful, washable, and long-lasting alternative she can count on month after month - along with vital health education.

Education



Elena (L) and Hana (R) are our DFG Menstrual Health Ambassadors. Working primarily in schools in the Lake Chapala communities, our team provides a 12-hour workshop that includes boys in the education and even has a continuing program through social media and YouTube videos to reinforce the vital messages.

