

Rotary



Name of the Club:

ROTARY AJJIC

Name of the Project:

**WISE GIRLS / ROTARY
WISE GIRLS LAKE CHAPALA**

INTRODUCTION



WE ARE NIÑAS SABIAS and our mission is to empower girls and young women to participate fully in their education and in life.

By educating and empowering girls entering or going through puberty, we exchange limiting rules for personal worth and power.

Empowered girls who own their rights, recognize their self-worth, and embrace their biological wisdom make informed decisions for the well-being of their bodies and their future.

CONTEXT

Investing in girls' education not only unlocks their potential but also breaks the cycle of poverty and disadvantage (World Vision). In Latin America, 43% of menstruating students skip school due to menstrual challenges, including poverty and stigma (World Bank). Menstrual poverty, inadequate hygiene management, and stigma diminish the educational experience, leading to increased absenteeism. Adolescent pregnancies further contribute to dropouts, with Latin America having the world's second-highest rate (Pan American Health Organization).

Menstruation isn't a setback when understood, and Wise Girls envisions supportive communities that nurture girls' ambitions.

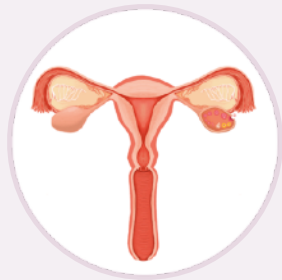
Wise Girls strives to eradicate menstrual stigma and poverty, empowering girls to make informed decisions about their health and future. These goals are vital for enabling girls and young women to actively participate in both school and life.



MISSION



Wise Girls weaves Education, Empowerment, and Entrepreneurship into a fabric of change. Through this model we deliver our main services:



1. Train/certify teachers to present an innovative Menstrual Embodied Education Program – “Wise Girls Workshop” (WGW) - for girls preparing for or experiencing puberty.



2. Implement our 10-hour program providing menstrual health and body literacy education and self-care for girls in local schools and communities.



3. Create or partner with local micro-enterprises to source kits of quality, reusable, and eco-friendly menstrual pads for every Wise Girl graduate, thereby creating new job opportunities for Mexican women.



WISE GIRLS - ROTARY
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Let's partner to initiate girls into their worth, wisdom, and power!

PROPOSAL



WISE GIRLS - ROTARY WISE GIRLS LAKE CHAPALA

Girl's Empowerment through Embodied Education & Menstrual Health

Let's create a world where every girl is educated and empowered,
where girls are initiated into the sacred realm of feminine powers and into the profound
knowledge held within their own bodies.

Let's end period stigma and offer girls immersive and impactful learning experiences that
integrates body, mind, emotion and in this way, help shape the women of tomorrow.

OBJECTIVES

WISE GIRLS - ROTARY WISE GIRLS LAKE CHAPALA



1. Deliver 30 Wise Girls Workshops WGW benefiting 600 girls and young women in the local schools of Lake Chapala.

The WGW is Wise Girl's Menstrual Education and Cycle Literacy Program which:

- Is an embodied and impactful educational experience on menstruation and fertility.
- Boosts girls' self-esteem through sexuality and health awareness.
- Strengthens peer bonds and trusted support systems.
- Ensures continued schooling by providing sustainable menstrual supplies.

2. Manufacture and distribute 600 Menstrual management kits for the girls who graduate from the Wise Girls Workshops. The Niñas Sabias Kits:

- Are manufactured by a small women's enterprises trained by Wise Girls to produce beautiful age-appropriate reusable menstrual pads.
- Eases the financial burden of continuously purchasing disposable menstrual pads.
- Lessens harsh environmental impacts.
- Promotes girls' health because it is non-toxic.
- And allows a girl to heal her relationship with her body and its natural processes,

PROGRAM

WISE GIRLS - ROTARY WISE GIRLS LAKE CHAPALA



The **Wise Girls Workshop** is a 10-hour menstrual education and body/cycle literacy program for all girls preparing for, or experiencing puberty, and especially those in rural, indigenous and underprivileged schools and communities.

Delivered by certified Wise Girls Teachers with a culturally sensitive, age-appropriate and experiential approach to education, the Wise Girls Workshop offers girls an embodied pedagogy that teaches the physiological understanding of the cycles, fertility, and menstruation.

Our methodology is founded on the biological maps of the female body and cycles, and also recognizes the importance of context, emotion, and personal experience in the process of acquiring knowledge, aiming to adapt to each environment by honoring its cultural wisdom.



PROGRAM

WISE GIRLS - ROTARY WISE GIRLS LAKE CHAPALA



The program consists of 5 educational modules about menstrual health, fertility awareness, and self care, and distributes age-adequate reusable menstrual kits for each graduate “wise girl”.

Each WGW creates a circle of peers and a trusted support system that’s strengthens girls confidence and to help shape girls' minds, hearts, and souls.



PROGRAM

WISE GIRLS - ROTARY WISE GIRLS LAKE CHAPALA



Wise Girls Workshop

Duration: 10-12 hours

Period: One week (Monday to Friday, 2 hours each day.)

Venue: Local schools and/or community centers

Beneficiaries: 20 girls pero WGW, ages 10-17.



Expected Outcomes:

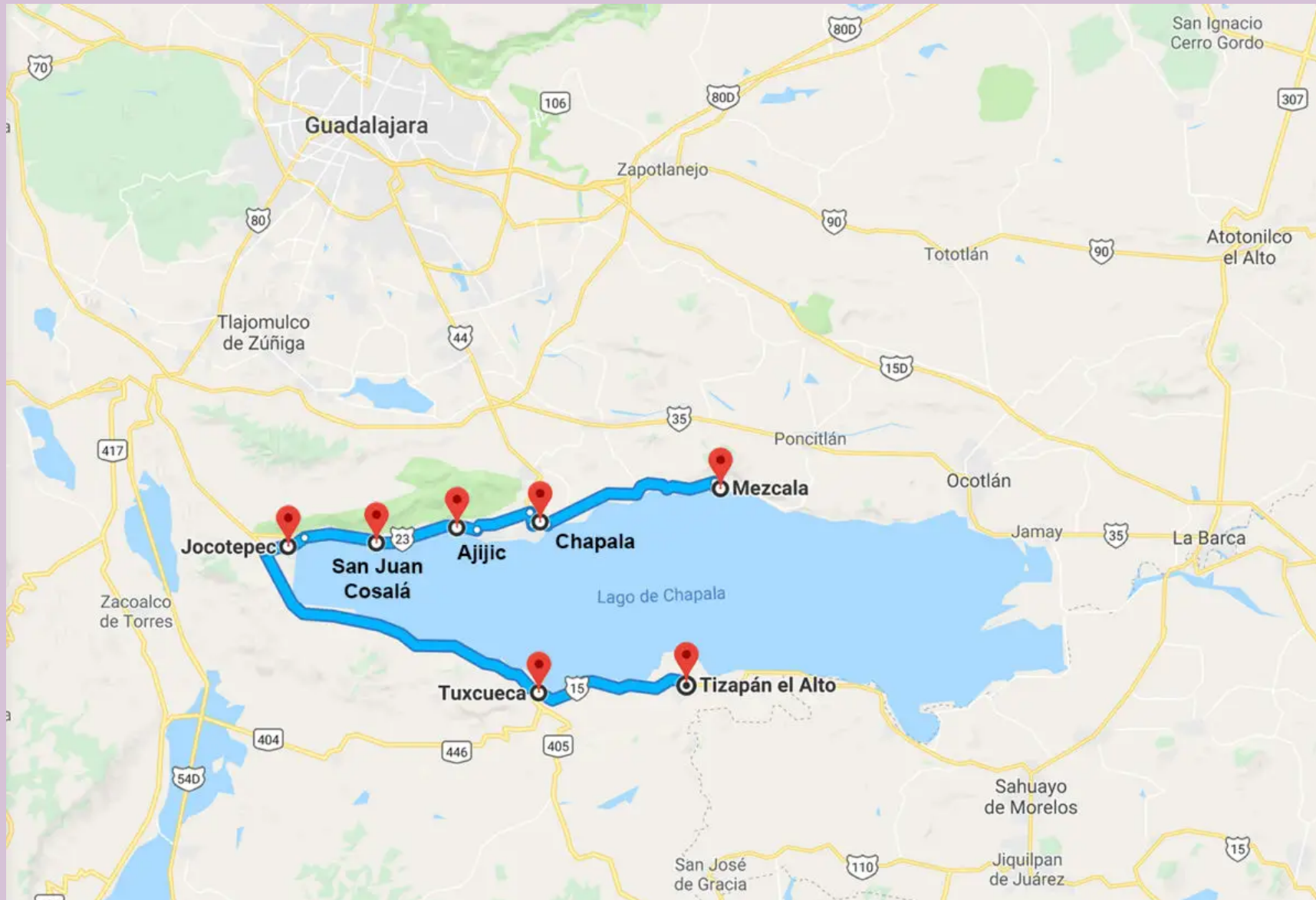
- 95% of girls who come to WGW with a negative perception of menstruation change it to positive.
- 85% of girls who graduate from a WGW are able to identify their human rights related to menstrual hygiene; i.e., the right to health, education, work, non-discrimination, gender equality, and water and sanitation.
- 85% of girls who attend the WGW can identify the physiology of the menstrual cycle, understand basic fertility, and identify biomarkers in the menstrual cycle.
- 95% of girls who take the WGW are able to identify menstrual management options while at school and in their personal environment, and can decide which option is best for them
- We anticipate a 50% increase in school attendance during menstruation. Worldwide, menstruation keeps girls out of school.

Monitoring and Evaluation Instrument:

Niñas Sabias has aligned indicators with UNICEF's "Guidance for Monitoring Menstrual Health and Hygiene 2020" to ensure both reliability and validity are built into our survey instruments. Before, during and after the WGW, we collect data that is quantified and interpreted, to measure the results of the program.

LOCATION

WISE GIRLS - ROTARY WISE GIRLS LAKE CHAPALA



Municipalities and communities where the program will be delivered:

- Jocotepec
- San Juan Cosalá
- Tlajomulco de Zúñiga
- San Luis Soyatlán
- Ajijic
- Chapala
- Mezcala
- San Pedro Itzicán
- Ixtlahuacán de los Membrillos

BUDGET

WISE GIRLS - ROTARY GIRL'S EMPOWERMENT PROJECT



#	Category	Description	Provider	Costs MX pesos	Approximate costs USD
1	Education	Wise Girls' Teacher and assistant salaries. (5 days, 4 hours per day, Monitoring and Evaluation (+ 5 hours))	Wise Girls Teacher & Assistant	\$4,500	\$250
2	Handout materials	Printed material: Sets of printed surveys (14 pages or 7 b/w printings front and back per girl) and handout material for girls (1 full-color affirmations poster, 2 full-color anatomy and menstrual cycle sheets.)	Niñas Sabias office	\$370	\$20
3	Menstrual Management Supplies	Niñas Sabias Menstrual Management Kits (MMK) 20 participants/per 1 WGW receives a sustainably designed kit to use for 4 years	Niñas Sabias women's enterprise in San Miguel Cuyutlán	\$10,000	\$550
Program costs (The program costs will always remain in MX pesos) *No tax added				\$14,870	\$820
Rotary Project: 30 WGW in local schools				\$446,100	\$24,600
4	Monitoring and Evaluation	Application of Niñas Sabias Evaluation Instrument: -Surveys (before, during and after the WGW) -data Analysis System through the Evaluation Teacher's Portal (digital platform with interpretation of results based on the expected outcomes)	Niñas Sabias Evaluation Staff		\$550
5	Communication	Photographic evidence per workshop 1 video (project summary 1 -minute) 1 documentary video	FILMO CCA		\$2,000
6	Project Management	Coordination with schools and institutions. WG Teachers management. Coordination with Rotary Club	Niñas Sabias Direction		\$2,000
7	Operations	Enterprise Transportation	Niñas Sabias staff		\$400
Total Rotary Project of 30 WGW *No tax added					\$29,550

PARTNERSHIPS

WISE GIRLS - ROTARY WISE GIRLS LAKE CHAPALA



Wise Girls already has relationship and partnership with other Rotary Clubs. These clubs have realized the potential of investing in Girl's Education and Empowerment.

Let's find ways to connect as all Rotarians supporting Wise Girl's vision for ALL GIRLS TO BE HEALTHY, SAFE AND WISE.



In Guadalajara



In San Miguel de Allende



In Chihuahua



THANK YOU!