

April 2025

Program Research & Lessons

A review of Dear Future's
"Her Full Attendance"
hygienic pad program and
reusable product
assessment.



Dear Future
International



Research compiled by
Dear Future, Inc, NM -
Foundation - Uganda and
Empathy Children Initiative
- Uganda.



Project Summary

"Her Full Attendance" is Dear Future's flagship menstrual health initiative, launched in 2022 in direct response to the devastating impact of period poverty on girls' education and well-being. What began as an emergency effort to support 100 girls with disposable hygienic pads has since grown into a cornerstone program of our work, empowering over 2,500 girls across multiple regions with consistent menstrual care. To date, we have delivered an estimated 17,000 months of menstrual support through a combination of disposable and reusable pads. This care directly addresses the leading causes of absenteeism among school-age girls, while restoring dignity and helping to dismantle deeply rooted stigmas around menstruation.

In 2024, recognizing the long-term benefits and environmental necessity of sustainable solutions, Dear Future's Board of Directors resolved to transition the program entirely to reusable hygienic pads by January 2025.

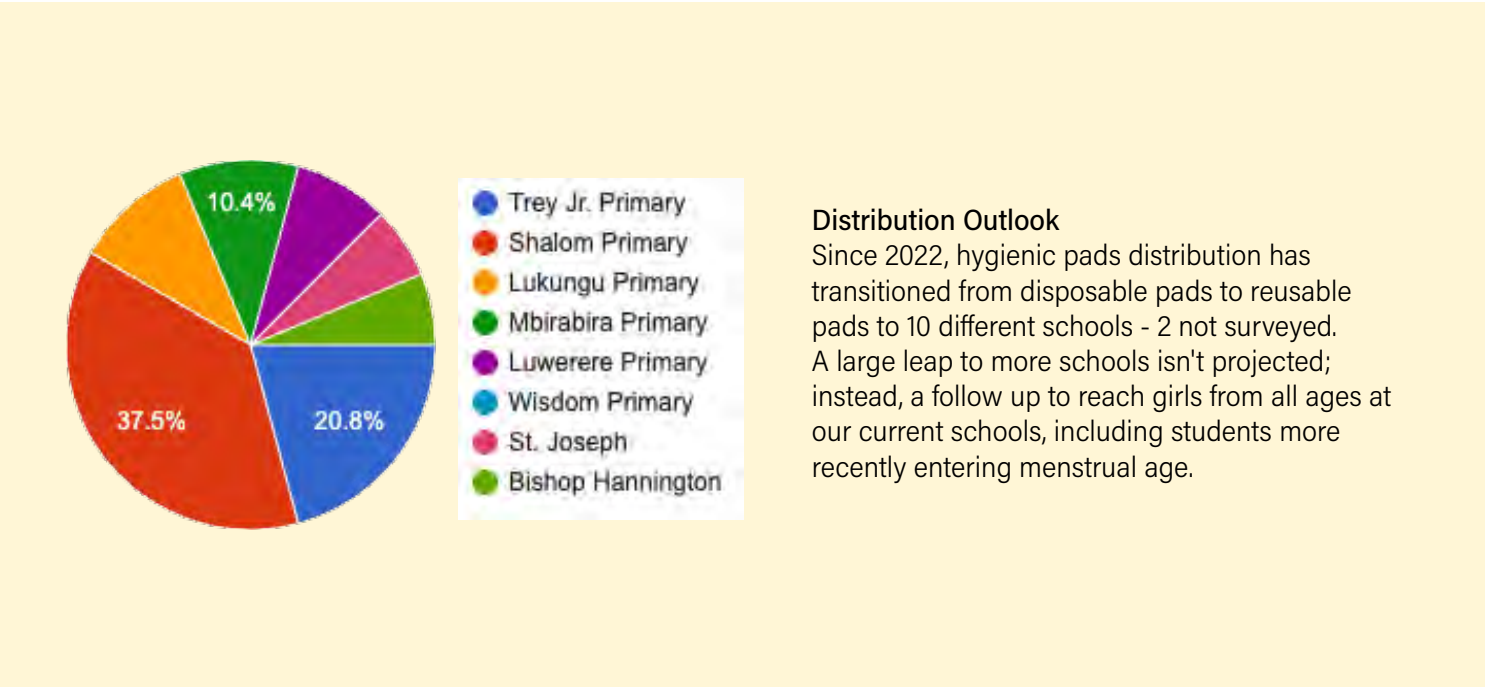
This transition began in October 2024 with the introduction of AFRIPads, a trusted and durable option that offers:

- A minimum of 24 months of menstrual support per girl
- Environmentally friendly impact, reducing plastic waste from disposable pads
- Safe, hypoallergenic materials, ideal for sensitive and developing bodies

This evolution of "Her Full Attendance" reflects our dual commitment: ensuring girls remain in school with dignity, and honoring our responsibility to care for the planet. With each distribution, we offer more than a product — we deliver hope, empowerment, and the freedom for girls to focus on their future.

This survey follows up with student beneficiaries, to determine the efficacy of reusable pads and to assess the health of the program, including the demand for more menstrual education and engagement.

Distribution Analysis



Distribution Outlook

Since 2022, hygienic pads distribution has transitioned from disposable pads to reusable pads to 10 different schools - 2 not surveyed. A large leap to more schools isn't projected; instead, a follow up to reach girls from all ages at our current schools, including students more recently entering menstrual age.

Distribution Outlook

Since 2022, Dear Future has been actively distributing menstrual hygiene supplies to schools in Uganda's central region of Wakiso and eastern region of Mayuge. Our efforts began with our flagship school, Trey Jr., and our initial partner schools in eastern Uganda: Lukungu Primary, Luwerere Primary, and Mbirabira Primary—all located near our partner organization, Empathy Children Initiative. Our program began modestly, providing girls with two packs of disposable pads every two months, and operated with flexibility to adapt to available funding. Despite the challenges, we were proud to consistently support most girls for a full two years.

In 2024, after careful review, Dear Future's Board of Directors resolved to transition fully to reusable pads, selecting AFRIPads as our official kickoff supplier. We chose the 6-pad pack, offering each girl a minimum of 24 months of care.

Once initial funding was secured, we distributed our first 300 packs to our flagship schools and also included Shalom Primary, one of our founding schools that had not yet received menstrual support.

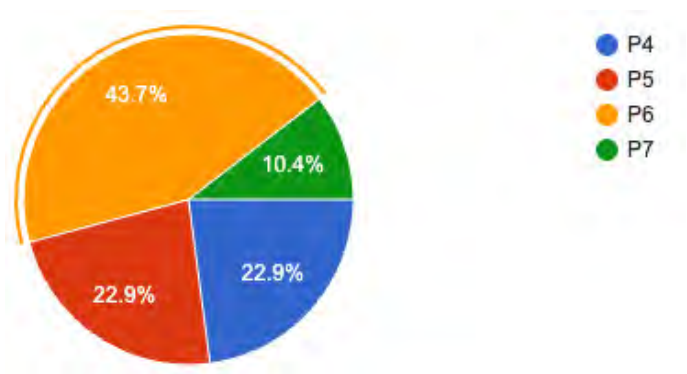
A second round of fundraising allowed us to purchase another 300 packs, expanding our reach to the remaining schools. This shift to reusable supplies reflects our deep commitment to sustainability, environmental responsibility, and ensuring long-term, consistent support for the girls we serve.

The Years Ahead

As we enter 2025, we are facing fundraising challenges that may slow our progress. However, our commitment remains firm: to continue supporting the schools on our original list and to ensure that every girl reaching menstrual age receives a pack of reusable pads along with comprehensive menstrual education. This combination of access and information is central to our mission of preserving girls' dignity and helping them stay in school.

Looking ahead, we are also exploring strategic partnerships with local nonprofits to develop a more sustainable and scalable system for local manufacturing and distribution. Our vision is to create an integrated approach that delivers education, supplies, and community empowerment—all in one package—so we can expand our reach and impact even more girls across Uganda.

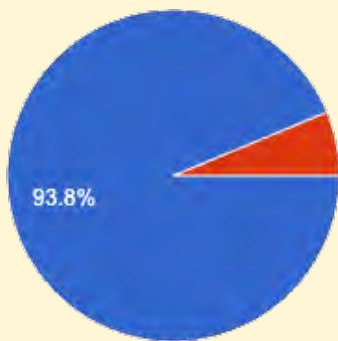
Survey Analysis



The Student

Age distribution in Uganda is relatively common to other countries and the differences are listed in the amount of girls that return to school after a year or years of absence.

Key to our focus on primary grades is the amount of older girls that attend primary grades, a demographic of girls as old as 16 or 17 returning to finish 4th, 5th or 7th grade. (see footer)



Do you still have your pads?

Our survey shows that more than 90% of girls still have their initial provision almost a year after being issued. The survey responses to reasons for not having their pads were: lost and damaged; 33% of that subset, responded that they still have some of their initial issue. None reported, that their pads were taken by other people.



When using the pads, how comfortable did you feel?

Overall the response was very favorable to the comfort of use. Some of the "did not like" entries mostly referred to washing and hanging, with multiple entries to "the pink ones should be made longer" (see footer) The most favorable responses were in reference to how soft they are and how flexible they are.

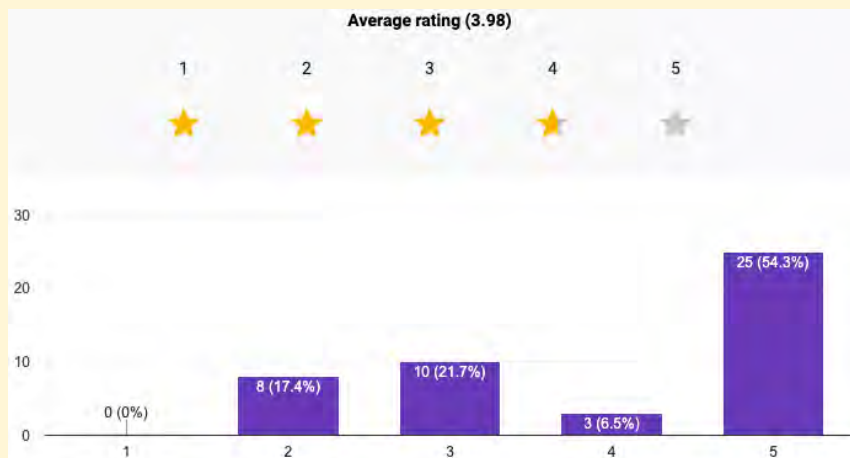
- Our numbers show a significant, often higher than 50% drop in girls from 4th to 7th grade, leading our hypothesis that lack of menstrual support and education can be a strong reason
- Many of the replies repeated the request that the "pink ones should be made longer" referring to two of the pads included in the 6 pack.

Survey Analysis



How satisfied are you with your AFRIPads?

A favorable 3.85 rating allows us to determine that most of our girls liked the pack of pads they received. In qualitative interviews our survey collector determined that a great majority of girls, including those not included in the survey were very happy and grateful for their pads.



How Satisfied are you with the training provided?

A favorable 3.98 rating coupled with qualitative interviews determined that the education provided was welcomed by the students and helped them use their pads better. Our trainers both at NMF and ECI were both trained by AFRIPads before we delivered supplies.



How much would you like to have more trainings/conversations about menstruation?

Very much in line with the previous question, many of the girls expressed their satisfaction with the information. Additionally, our school partners validate that education like this prevents early pregnancies and early marriage; on average, children don't receive menstrual education from their parents or their schools.

Finances and Concluding Details

+ \$2000 - 300 packs

Includes AFRIpads.
Distribution and Training not included

+ \$5500 - 1000 packs

Partnered with local NGO -
Includes Manufacturing,
Training and distribution.

Donations are received at www.dear-future.org, or to "her full attendance campaign:
<https://www.dear-future.org/childrenshealth>

To sponsor this program: <https://www.dear-future.org/sponsorship>

In Conclusion

We are deeply encouraged to report that our work through "Her Full Attendance" is not only reaching girls in need but also showing signs of real, measurable impact. In our latest evaluation, we conducted a survey across five different schools, collecting feedback from 50 girls as well as qualitative statements from both students and female teachers. This check-in allowed us to better understand how the distribution of hygienic pads—both reusable and disposable—is supporting girls' ability to stay in school with dignity and confidence.

While it's still early to draw full conclusions about long-term outcomes like dropout and absenteeism rates, the initial results are promising. Many of the girls shared how access to these essential

supplies has allowed them to attend school more regularly and feel more secure during their menstrual cycles. Teachers noted a visible improvement in both participation and morale among the girls.

Each of the schools surveyed, has an average of four female teachers, and Dear Future made the **intentional decision** to also provide them with hygienic pads. This move has proven extremely beneficial, as it not only meets their personal needs but also equips them to better support and guide their female students—building trust and opening up important conversations around menstrual health.

As we continue to track progress and gather more data, we remain committed to expanding this program and refining our approach. We believe that each reusable pad distributed

and each conversation sparked brings us closer to a future where menstruation is no longer a barrier to education.

