

Dear Families, Coaches and Team Managers,

The Loudoun Freedom has chosen to run a fundraiser for ***Days for Girls Loudoun County*** during the Freedom Challenge tournament, April 28-29.



### **What is Days for Girls?**

Days for Girls increases access to menstrual care and education by developing global partnerships, cultivating social enterprises, mobilizing volunteers, and innovating sustainable solutions that shatter stigmas and limitations for women and girls. Together, we're creating a world with dignity, health, and opportunity for all.

***Days for Girls Loudoun County*** has a team that regularly assembles approximately 50 volunteers to make reusable menstrual care kits.



(You may notice that these Kits don't look like traditional pads...and there's a reason for that. The bright colors camouflage staining. The absorbent liners unfold to look like a washcloth, which allows women to wash and dry them outside in the sun without causing embarrassment. All of these design choices add up to a lasting, easy-to-care-for solution.)

### **Why Days for Girls?**

Without a solution to manage her monthly cycle:

**1 in 10** girls in Sub-Saharan Africa...

**113 million** adolescent girls in India...

**30%** of girls in rural Brazil...

will miss school this year.

## **What can you do?**

1. Let your teams know about the fundraiser by sharing this email with them.
2. Contribute a team donation. (Please make checks to "*Days for Girls Loudoun County*". Tax receipts are available upon request.)
3. Encourage families to donate on their own at the tournament venues.
4. Donate directly to Days for Girls Loudoun County-  
<https://donate.daysforgirls.org/team/165396>

**100% of the money collected during the Freedom Challenge weekend will be donated to Loudoun Days for Girls. View their Facebook page here- <https://www.facebook.com/pg/daysforgirlsloco/about/>**

**When we mobilize girls and women,  
their communities and our world grow stronger.  
Pads are a small thing that make a big difference.**

## **More information:**

Please share the DfG website and video with your teams to learn more about the international organization and their mission.

website- <https://www.daysforgirls.org/>

video- <https://vimeo.com/204386445>

