



PROJECT PERIOD TOOLKIT



This toolkit will provide you with information on Young Women Rising's Project Period and how to take the project to your community!

WHAT'S IN THE TOOLKIT?

About Young Women Rising & Project Period

How to plan your own Project Period Event

How to submit a blog and photos

Letter for Donations

Resources, Flyers and Signs



ABOUT YOUNG WOMEN RISING

Young Women Rising (YWRising) is a project of the Connecticut Commission on Women, Children and Seniors and was originally known as the Young Women's Leadership Program via the Permanent Commission on the Status of Women.

YWRising is a natural extension of CWCS's work in promoting civics and leadership. The project offers networking events, volunteer opportunities, guest speakers, a comprehensive newsletter, information about board openings and other leadership opportunities, an annual essay contest for high school seniors and this rockin' nonpartisan website that will feature a blog full of the voices of this generation.

PROJECT PERIOD

When many of us think about giving donations and goods to our local organizations that assist families, the first items that come to mind are things like clothes, shoes and food. Many of us don't think about the other items female-identified people are in need of on a daily basis. Homeless women live with constant anxiety and fear around receiving their menstrual cycle because they can't afford feminine hygiene products. That's why feminine hygiene products and other toiletries are usually at the top of the list for need in homeless shelters and safe houses.

Unfortunately, our society doesn't like talking about periods, even though over half the population is female-identifying. We encourage you to think outside of the box and give to Young Women Rising's #ProjectPeriod, a campaign focused on raising awareness and gathering supplies for women currently living in shelters and safe houses who lack the necessary resources to obtain these items.

PLANNING YOUR OWN PROJECT PERIOD EVENT

Planning a Project Period event or drive in your community is easy!

We've provided you with some steps to get you started:

First let us know you're interested by contacting Arvia Walker at arvia.walker@ppsne.org!

Then decide what type of event you would like to have.

Do you want to have a one time event where you plan to have a bunch of folks in the room?

Would you like to have a donation drive where you set up a drop location and have people donate for a period of time? Or BOTH!

Setting up a Donation drive

- 1** **How long will your drive run?** (Example: You'll be collecting donations until March 21, 2017)
- 2** **Set up your drop off location**
 - Make sure you set up a location in your community that is easily accessible for drop offs. This can be a local community center, a job site, or anywhere that is a safe place to set up a large box for donations.
 - You can find large cardboard boxes in places like clothing stores when they are doing inventory
 - Post signage on your drop box
 - Make sure you are regularly clearing out your donation box! They can fill up quick!
- 3** **Spread the Word!**
 - *Social Media is your friend*-Post your drive to your pages. We have provided some graphics in this toolkit to post to your social media to promote your drive. **BE SURE TO WRITE DETAILS ABOUT YOUR DRIVE IN THE POSTING**
 - **Assess your current networks**- Do you attend a church weekly? Are you a part of any other groups? Can you ask your friends and family to donate?
- 4** **Pick an organization/group in your community that benefit from the donations- And DONATE!**
 - This is a perfect way to get to know the services in your community. Find out what shelters and safe houses serve people who are in need of sanitary items and give them a call!

Setting up one time events to collect donations:

1 Are there any events in the community where you can add on Project Period?

Let's face it, it's hard to plan an event from scratch, but do not feel discouraged! **Is there an event in coming up where you can ask for attendees to bring donations?** This is one of the easiest ways to get a large amount of donations!

2 Plan an Awareness Event!

Along with collecting donations, it's important to raise awareness about the lack of accessibility that people face when trying to obtain sanitary items. We can help plan an advocacy event with you! Contact us to let us know how we can help!

Ideas for Awareness Events:

Panel Discussion

Small group parties at your house

Small dorm parties

3 Get a group of friends and set up a table at your local supermarket!

A lot of stores will let you set up a table to collect donations. Go to your local store and ask to speak to a manager and get steps on how to do so!

*The most important part of finding ways to get donations is to **be as creative as you want to be!** This list is only for suggestions, feel free to come up with new and exciting ideas and to contact us if you need any help*

SUBMITTING A BLOG ON YOUR PROJECT PERIOD DRIVE

The YWRising blog aims to encourage young women's leadership by giving women ages 18-35 in Connecticut a space to talk about their experiences and the issues they care about. If you're interested in submitting a guest post please read the following:

Length of Posts

Posts should be between 500-800 words.

Promotion of Your Posts

If your post is accepted, please share it on your personal social media accounts. Your pieces will also be shared via YWRising's social media and occasionally via the PCSW's as well.

IMPORTANT: All blog posts must be nonpartisan and not target or mention specific political parties or elected officials. YWRising is a project of the Permanent Commission on the Status of Women, which is a nonpartisan arm of the Legislative Branch.

You can submit a guest post by emailing it in a Word document to michelle.noehren@cga.ct.gov. Please include YWRising Guest Post in the subject line.

TAKE PICTURES AT YOUR EVENT!

HASHTAG YOUR PICTURES

#ProjectPeriod



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When many of us think about giving donations and goods to our local organizations that assist families, the first items that come to mind are things like clothes, shoes and food. Many of us don't think about the other items female-identified people are in need of on a daily basis. People who are experiencing homelessness or who can't afford sanitary items, live with constant anxiety and fear around receiving their menstrual cycle because they can't afford the products.

Unfortunately, our society doesn't like talking about periods, even though over half the population have a menstrual cycle. We encourage you to think outside of the box and give to Young Women Rising's #ProjectPeriod, a campaign focused on raising awareness and gathering supplies for people currently living in shelters and safe houses who lack the necessary resources to obtain these items.

There are a few ways you can donate. You can easily purchase items off our Amazon.com wishlist (whatever you purchase will be sent directly to us to distribute) at bit.ly/projectperiodwishlist. If you'd prefer to drop off your donations in person you can do so at any of the following location:

Please note that we cannot accept checks. Product donations are strongly encouraged.

Sincerely,

Young Women Rising

<https://youngwomenrisingct.com>



**PROJECT
PERIOD**

Resources (hyperlinked)

**Flyers and Signs folder (click to download)
or <http://bit.ly/projectperiodflyers>**

Articles and Information:

**Young Women Rising Project Period Page
Helping Women with Periods
More Pads for Homeless Women
The Homeless Period**