



## **THE DAYS PERIOD**

**Address: Mbezi Beach, Dar Es Salaam, Tanzania**

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### **Core Values Document**

#### **Overview, Vision, and Mission**

**THE DAYS PERIOD** is a non-profit organization dedicated to improving menstrual health by providing free period products and education. We aim to end stigma, promote menstrual equity, and ensure access to essential care. Through community funding, grants, and partnerships, we distribute sustainable menstrual products and raise awareness. Our vision is a world where everyone who menstruates can thrive without shame or financial burden. We collaborate with schools, workplaces, shelters, and healthcare providers to bridge gaps in menstrual health access.

#### **Our Core Values**

##### **1. Dignity and Respect**

Everyone deserves access to essential menstrual care without shame or embarrassment. We strive to create a world where individuals feel supported and respected in managing their menstrual health.

##### **2. Inclusivity**

We believe that every individual deserves access to safe, clean, and comfortable period products, no matter their background, gender identity, or financial status. Our initiatives are designed to serve diverse communities with dignity.

### **3. Empowerment**

We aim to normalize conversations about menstruation by providing resources and education that empower individuals to manage their menstrual health with confidence. Through awareness campaigns and informative programs, we foster a culture of menstrual health knowledge and self-assurance.

### **4. Advocacy**

We raise awareness about menstrual health and fight against the stigma associated with menstruation through education and policy change. By working with policymakers, educators, and activists, we advocate for menstrual equity and systemic change in access to menstrual products and education.

### **5. Sustainability**

THE DAYS PERIOD is committed to providing user-friendly menstrual products, including disposable pads, tampons, reusable pads, menstrual cups, and hot water bottles. We prioritize sustainable solutions that reduce environmental impact while ensuring individuals have access to high-quality, long-lasting products.

### **6. Community Focused and Collaboration**

By partnering with local and international organizations, we strengthen our outreach efforts. We work closely with schools, communities, healthcare providers, and governments to reach as many people as possible. Collaboration is at the heart of our mission, ensuring that menstrual equity becomes a shared goal across various sectors.

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Through our commitment to these core values, THE DAYS PERIOD strives to create a world where menstruation is no longer a barrier to health, education, or opportunity. Together, we can foster change and ensure that menstrual care is a basic right, not a privilege.