

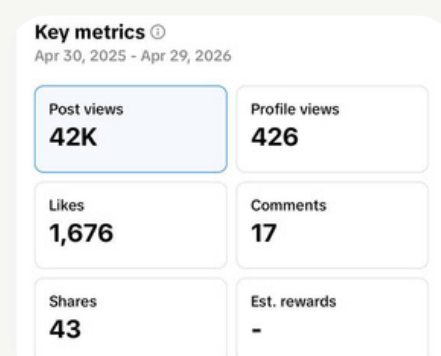


Meet our team!

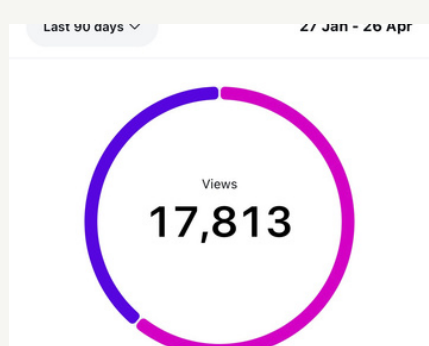
Glow&Grow is a youth-led project designed to reduce the shame and silence surrounding girls' health and menstruation by creating a safe and supportive space where teenagers and young women feel informed, confident, and not alone.

Success and challenge:

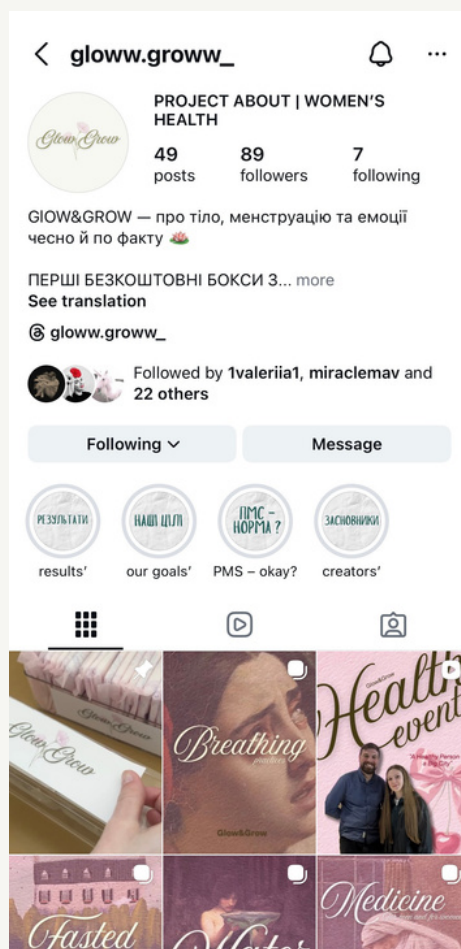
Our team has established successful social media accounts, reaching **~60 000 views** across all platforms. There, we consistently share posts with reliable information for our audience.



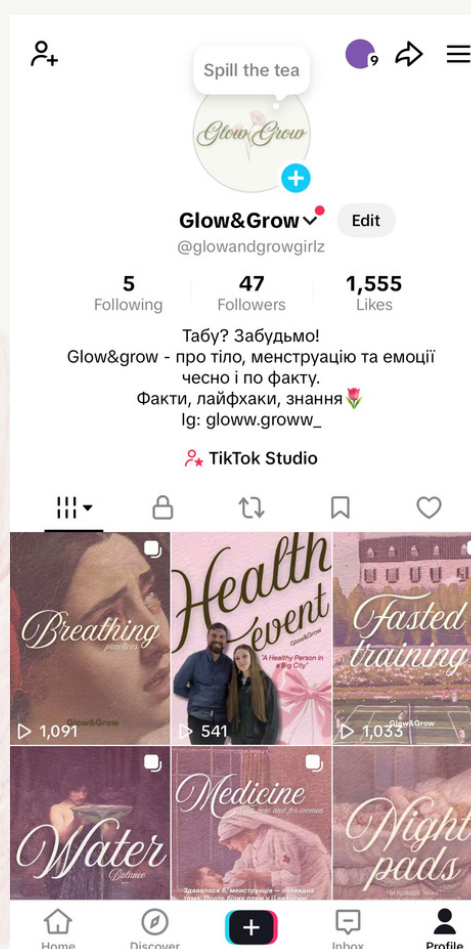
[TikTok \(linked\)](#)



[Instagram \(linked\)](#)



[Instagram \(linked\)](#)



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Oleksandra



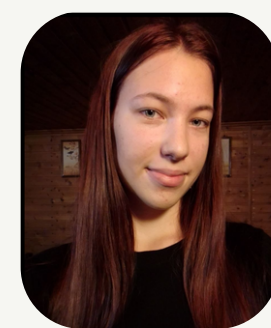
Sophie



Vladyslava



Diana



Uliana

- Communication manager
- Menstruation
- Team manager
- Designer
- Physical Health
- Operations Coordinator
- Stereotypes
- Social Media manager
- Nutrition
- Copywriter and researcher
- Mental health



Link to the Sustainable Development Goals (SDGs):

SDG 3: Good Health and Well-being – Our project promotes awareness of girls' health and menstruation, helping young women feel informed, confident, and supported.

SDG 5: Gender Equality – Our project contributes to gender equality by addressing stigma around menstruation, empowering girls through education, and promoting equal access to essential hygiene resources.

SDG 10: Reduced Inequality – Our project works to reduce inequality by providing free access to menstrual products and reliable health education, ensuring that all girls, regardless of their financial situation, can manage their health with dignity.

As students of **Svitlo School**, we have built a strong partnership with the school. First, we received funding of **10,000 UAH** to support our main goal – installing free boxes with pads and sanitary products in schools.

In addition, in partnership with **Ekaterina Terletska** – a health coach and nutritionist – we designed and delivered an educational course at Svitlo School. The course focused on five key topics: menstruation, mental health, physical health, nutrition, and stereotypes, combining practical knowledge with open discussion. Each session was attended by around 25 students, creating a safe and engaging space for learning.

Challenges and solutions:

At the beginning, we faced difficulties choosing a topic for our project. However, we quickly resolved this through improved communication and teamwork.

Collaboration with other GSL teams:

After a friendly exchange meeting on January 16th, our team partnered with the team from Wellington College to raise funds for boxes with pads. Over five months of collaboration, they helped us raise 511 pounds. This funding will allow us to install pad boxes in three different schools, expanding the impact of our project.

What we have done so far:

Our team has actively worked on developing and managing social media platforms to raise awareness about girls' health and menstruation. Through consistent posting, we have created a space where young people can access reliable information and feel supported.



In addition, we launched a lecture course at Svitlo School, where we provided educational sessions on key topics related to health and well-being. This allowed us to directly engage with students and create open conversations around previously stigmatized issues.

Glow Grow

Quotes from students who are attending our course:

"Personally, I'm interested, because I'm not just sitting, but learning about genders. The Grow&Glow lesson is filled with meaning and, in my opinion, important not only for girls but also for every guy.

The lesson is incredible!"

Yurii, 17 years old

"What I really appreciate about the course is that it's teenage girls who talk about period. This makes it much easier to share thoughts and ask questions. It's also great that boys sometimes come to the lessons, so I hope they genuinely want to learn more. In class, there's always a chance to ask a question, and they'll be answered without judgement.

The Glow&Grow social media pages are really informative for me. Also I was so excited to see that the girls managed to set up hygiene kits in some schools. It's incredibly cool that schools are becoming more tolerant"

Albina, 16 years old

We also successfully secured funding from Svitlo School, which supported the implementation of our project's main initiatives. With this support, we installed pad boxes with free sanitary products in the school, helping ensure that students have access to essential hygiene products when they need them.



In addition, our team member – Oleksandra conducted an offline lecture at her school for approximately **100** female students aged 10 to 17. The session focused on menstruation, body changes, and menstrual health. Importantly, it also included a practical component, where we demonstrated how to properly use sanitary pads and the pad boxes, as well as how to maintain hygiene during menstruation.



Skills and knowledge gained:

Working as a team helped us improve our communication and collaboration skills, especially during challenging stages such as decision-making and choosing effective ways to interact with our audience. We also learned how to better organize our thoughts, plan content strategically, and manage responsibilities within a team. In addition, the project contributed to our personal growth, including increased empathy, adaptability, and a deeper understanding of how to engage with different audiences.

At the same time, as girls, we also gained a deeper understanding of women's health ourselves. Learning about these topics before teaching them to others was an incredibly valuable experience, as it allowed us to build confidence, awareness, and a more personal connection to the subject.

Outcomes and impact:

During our participation in GSL, we reached 89 followers on Instagram and 47 followers on TikTok. We published more than 100 posts across our platforms and gained over 60,000 views. 120 people have attended our lectures and have gained knowledge about female health topics. We have spent more than 500 (~100 per each member) hours working on this project.

Future plans:

We aim to continue installing boxes with pads and sanitary products in more schools across Ukraine, expanding our impact and ensuring better access for students. We also plan to keep building connections with professionals, including healthcare experts and educators, to improve the quality of our work. In addition, we are looking for new partners and organizations that share our mission. In particular, we are planning to develop closer cooperation with British partners to exchange experience and strengthen our project.

*"There is a box near you – you can take what you need.
You are not alone. We are with you."*